

## Healing Benefits of Meat/Bone Stock

### Benefits of homemade stocks:

- Delicious
- Easy to make
- Extremely nutritious (containing the minerals of bone, cartilage, marrow and vegetables in an easy-to-assimilate form)
- Gelatin aids digestion and helps to repair intestinal lining
- Boosts Immune System
- Repairs Joints and Cartilage
- Helps to build stronger bones
- Calming to nervous system
- Great to have on hand in your freezer to make quick homemade soups or cook vegetables or grains with
- One of the best first introductory foods for baby!

### Stock recipe:

1 whole chicken or 2-3 lbs bony chicken parts (can also use chicken feet, or ham hock, or other meat with bones)

4 quarts cold water

sea salt to taste

1 large onion

2 carrots

3 celery sticks

bunch parsley

1 tbsp apple cider vinegar (optional, but it aids in pulling out minerals from bones)

Place chicken, water, vinegar and all veggies except parsley into stainless steel pot or crockpot. Bring to a boil and remove scum that rises to the top. Cover and cook for 12 to 24 hours\*\*\* The longer you cook the richer and more flavorful. About five minutes before finishing, add parsley. Remove from heat. Take out chicken or meat. Once cooled, remove meat from bones and use for other recipes (salad, fajitas, etc.). Strain stock into a large bowl and put in refrigerator until fat rises to the top and congeals. It is not necessary to skim this off, as the fat provides added, nutritional value, but some prefer to have less fat and that is fine. Keep stock in refrigerator or freezer. Use for vegetables soup, over rice or potatoes, etc.

From Nourishing Traditions by Sally Fallon

**\*\*\*It should be noted that for those who wish to repair gut lining, or are using this for foods for baby or young children with developing digestive systems, it's best to use meat broth which has not been cooked for longer than 3-6 hours (until meat is thoroughly cooked). Past this point, there is more breakdown of the bones, which while healthy for many, also releases free glutamates which can be problematic for some sensitive guts.**

Quick stock – use Health Valley stock with added gelatin