



Slow Cooker Beef Bone Broth

Active Time: 10 minutes | **Total Time:** 24 hours | **Serves:** 12

Nutrition Information Per Serving

241.7 calories, 1.83 g carbohydrate, 0.44 g fiber, 1.39 g NET carbs, 27.69 g protein, 12.94 g fat

Ingredients

- 2 Tbsp(s) Red Boat Fish Sauce
- 56 ounce(s) organic, connective beef cross-shankbones
- 2 medium(s) carrots, quartered
- 1 medium onion, halved
- 1/3 Tbsp(s) apple cider vinegar

Preparation

1. Add vegetables to a slow-cooker and top with bones.
2. Drizzle with vinegar and fish sauce. If fish sauce is unavailable, use 1 tablespoon of sea salt.
3. Cover with water, about 12 cups, until all ingredients are submerged.
4. Turn slow-cooker to high. Once boiling, turn heat down to low and let the broth cook for at least 24 hours.
5. If there is a gritty film, scrape with a spoon and discard before straining.
6. Strain the broth and discard the bones and vegetables. Taste to adjust salt, if preferred.
7. Store broth in jarring cans in the refrigerator for a couple of days or freeze for a few months.

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