



Best Buddy Bone Broth

A 6-quart Crockpot will yield roughly 4 quarts (16 cups) of broth depending on how much you fill it with bones. A Crockpot is highly recommended, as you will want the ingredients to simmer for at least 24 hours.

Ingredients:

- 2-4 tablespoons of raw unfiltered apple cider vinegar. We use Bragg Organic Apple Cider Vinegar.
- Raw or cooked bones.* Look for marrow filled beef bones, raw chicken or turkey wings and thighs. Ask your butcher what they have as often they will have “soup bones” in the freezer section.

Instructions:

1. Place the bones in the Crockpot and add just enough water to cover the bones as you are looking for the end product to have a more jelly-like consistency and not too watery.
2. Add 2-4 tablespoons of organic apple cider vinegar and let it sit for 1 hour. The cider vinegar helps to leech the minerals from the bone.
3. Turn Crockpot onto “low” and leave on for 24 hours.
4. When the broth is done strain the liquid through a stainless steel strainer. Make sure that NO bones filter through and DO NOT FEED the cooked bones to your dogs!
5. Pour the broth into glass Ball jars and let the broth cool completely, then skim the fat off the top.
5. Freeze what you won't be able to use up in 5 days. When you freeze the broth in the jars, make sure to leave a good gap of air (don't fill to the top) as the liquid will expand in the freezer and the jar might break-we've done that before!
6. Another option is to pour some of the broth into ice trays and freeze.
7. We take the broth and heat it up and pour over our dog's food each day.

** If bones have been cooked with any sauce, preferably not, then rinse them thoroughly as any added ingredients might irritate your dog's digestive track. We don't add anything to our broth for that reason. Our human soup broth is clearly marked in the freezer and never given to the dogs as it is cooked with onions and leeks, which are no good for the dogs!*