

RECIPE



Experience the deep nourishment and healing power of Organic Bone Broth, a time-honored remedy rich in essential nutrients, collagen, and amino acids. This slow-simmered elixir is crafted from organic chicken feet and grass-fed marrow bones, infused with a medley of healing herbs, vegetables, and anti-inflammatory spices like ginger and turmeric. Ideal for gut health, immune support, and radiant skin, this broth is a foundational staple in any detox or wellness routine.

Organic Bone Broth

Ingredients

- 2 pounds organic chicken feet
- 2 pounds grass-fed marrow bones
- 4 gallons water
- 2 cups chopped organic yellow onion
- 1 cup sliced organic celery stalks
- 1 cup sliced organic carrots
- 4 organic garlic cloves, halved
- 3 organic bay leaves
- 2 organic rosemary sprigs
- 5 organic thyme sprigs
- 2 ounces peeled and sliced organic ginger
- 2 ounces peeled and sliced organic turmeric root
- 1 Tbsp. organic coriander seeds
- 1 tsp. organic peppercorns
- 1/3 cup organic apple cider vinegar

Yours to Artful Eating,

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Instructions

Rinse the chicken feet and bones with hot water.

Place them in a large pan, cover with water, and simmer over low heat for 4 hours.

Periodically remove foam and fat from the surface using a skimmer spoon.

Do not cover the pan or stir the mixture.

After 4 hours, add the remaining ingredients and continue simmering for another 4 hours.

Turn off the heat and let cool.

Strain the broth through a sieve, gently pressing on the solids to extract liquid without squeezing.

Transfer the liquid to a clean container, cover, and refrigerate or freeze.

Tips

- Use a large stockpot (at least 6 quarts).
- Adjust ingredient quantities as desired.
- Consider roasting bones before simmering for enhanced flavor.
- Store broth in airtight containers to minimize contamination risk.

Storage

- Refrigerate for up to 5 days.
- Freeze for up to 1 month.

Before Use

- Remove any solidified grease layer from the surface.

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Health Benefits of This Recipe:

- Gut & Digestive Health: Collagen, gelatin, and amino acids like glutamine help heal and seal the gut lining, reducing inflammation and supporting digestion.
- Joint & Bone Support: Naturally rich in glucosamine and chondroitin, bone broth promotes strong joints and reduces stiffness.
- Immune Boosting: Garlic, turmeric, and rosemary provide powerful antimicrobial and anti-inflammatory properties to strengthen immunity.
- Detoxification: The blend of apple cider vinegar and coriander seeds enhances liver function and aids in toxin removal.
- Skin, Hair & Nails: Collagen and essential minerals nourish skin elasticity, promote hair growth, and strengthen nails.

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