

# Bone Broth Topped with Lemon and Parsley



## SHORT STORY

Studies suggest that bone broth can help ease joint pain, digestion issues, inflammation, and sleep trouble. This broth bubbles over with vitamins, minerals, amino acids, and collagen. You can't NOT afford to try it!

**OATH & GRIND**  
*Susan Hoff*  
BY SUSAN HOFF

**TIME**

Prep: 10 Min





Cook: 12 Hrs

**SERVES**

8 people

**COOK**

Stove

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## INGREDIENTS

- bones from 1 chicken
- 12 cups filtered water
- 2 Tbsp. apple cider vinegar
- 1 tsp. salt
- 1 tsp. pepper
- 1 lemon, sliced into wedges (optional)
- a handful of parsley (optional)

## INSTRUCTIONS

1. Place the bones from a whole chicken into a large soup pot or Dutch oven.
2. Fill the pot with water until the bones are fully covered (should be about 12 cups).
3. Next, add the salt, pepper, and apple cider vinegar into the pot.
4. Once you have brought the broth to a boil, reduce the heat to simmer, cover, and cook for 12 hours. This will reduce the broth down to about 8 cups of robust flavor.
5. After the 12 hours, strain the bones out of the broth and serve immediately with a squeeze of lemon and a few sprigs of parsley.