



Paleo and Prehistoric Bone Broth

Liz Adams-Medina of NOVA Birth Services

Ingredients:

1 package of ox tails (2-5 lbs.)

1 tablespoon of vinegar

Chopped vegetables (carrots, onion, garlic, etc.) (of your choice)

Salt

Directions: Place your ox tails in a slow cooker and cover them with enough water to cover the bones. Only let the water come 1 inch above the bones so the broth will be concentrated. Add your vinegar to the slow cooker and let it sit for 1 hour. After one hour turn your slow cooker on low and add the vegetables. Cook for 24 hours and then strain the contents of the broth and season with salt. Store in refrigerator or freezer and enjoy!