

Here 's my easy peasy bone soup recipe!

2 lbs organic bone marrow (go to any whole foods/health food market near you, if not some regular supermarkets carry them now too) - if you cannot find bone marrow, then do the same recipe with beef ribs or a whole chicken (or use chicken bones)

First take the bones and boil them in pot of water for about 20 min. This is to clean them. After this is done, dump the water out and rinse the bones a few more times with more water.

Set the oven to BROIL. Spread out the bones on a baking sheet, and broil for 15-20 minutes. This is to roast the bones, which helps to bring out the flavor as well as healing properties. Once that is finished, rinse a few more times with water.

In crock pot: fill with clean water, add chopped onion, celery, ginger and garlic, salt, pepper, turmeric, oregano (can do all of these to your liking). I use the already chopped up onion/celery/carrot mixes from Trader Joe's to make it easier, and either fresh garlic and ginger or powdered seasonings. Add bones, 2 tbsp Apple Cider Vinegar or lemon juice and 1 tbsp coconut oil (or sesame/avocado oil). You can add any other seasonings you like as well.

You will cook on high for several hours, so try to start it in the morning and let it be on high all day, then before you go to bed turn it to low setting and continue to let it cook until the following night (dinner time).

You can then strain the soup and the bones can get throw out.

If you'd like to make more of a meal out of it, I usually add some carrots, chicken or ground turkey or beef, and rice or sweet potatoes in a few hours before eating time on the day it will be ready. You could really add anything to it that you like, or just drink plain. You can sip it all day long!