

Beet & Sweet Potato Bone Broth

INGREDIENTS

- 1 knuckle bone
- 1 package soup bones
- 1 marrow bone
- 3 carrots
- 3 medium beets
- 2 medium sweet potatoes
- 1 medium yellow onion
- 2 bay leaves
- 6-8 black peppercorns
- sea salt to taste

1. Coarsely chop carrots, beets, sweet potato and onion (Note: You can leave the skins of the onion on to give the broth more flavor).
2. Add veggies to pot. Optional to saute veggies in butter for a few moments until they begin to sweat.
3. Add bones and fill pot with filtered water about 2 inches from top. (Note: You can also use a slow cooker, prepare the same way by filling cooker with contents and water about 2-in from top. Set on low for 24-42 hours).
4. Add bay leaves, peppercorns and salt.
5. Bring mixture to boil then turn to low/simmer for about 24 hours, stirring every so often.
6. Strain broth into separate pot or container to remove vegetables.
7. Sip broth as is or incorporate into blended soups or oatmeal. Enjoy!