

Coconut Curry Bone Broth

INGREDIENTS

- 1 chicken carcass
- 4 carrots, chopped
- 2 sweet potatoes, chopped
- 1/2 red onion (leave onion skins on)
- 1tsp turmeric
- 2tbs curry powder
- 1/2tsp salt
- Pinch of black peppercorns
- 1/4tsp coriander
- 1.8tsp cayenne
- 1/4tsp garam marsala
- 1 can full-fat coconut milk
- 3 1-inch slices fresh ginger

1. Add all ingredients into a large pot over stove or slow cooker.
2. Fill with filtered water until about 2-inches from top of pot.
3. Bring to boil then reduce to simmer for 24 hours or set slow cooker to medium/low for 24 hours.
4. Strain and sip!