



BEEF MARROW BONES

Homemade Beef Bone Broth

INGREDIENTS

1 package of Grass Run Farms Beef Marrow Bones

4 qts filtered water

½ white onion

2 celery stalks

2 carrots

2 garlic cloves

½ tsp dried thyme

½ tsp dried rosemary

1 tbsp salt

½ tsp pepper

PREPARATION

1. Place bones on baking sheet. Roast in oven for 20 minutes at 400 degrees.
2. Pour water into slow cooker and add roasted bones.
3. Add onion, celery stalks, carrots, garlic cloves, thyme, rosemary, sea salt, and pepper to slow cooker and stir well. Let simmer on low for 18-20 hours.
4. Strain the broth and store in fridge.

*Recipe Courtesy of Grass Run Farms
www.grassrunfarms.com*