

Trim Healthy
W I S D O M

Purist Bone Stock (FP)

(S- Hardly any work . . . cheap as dirt . . . better than any expensive health food supplement! All you need is leftover bones, water, and an old crockpot from a garage sale. Let the stock start a-flowin'! It takes two big roasting chickens or three fryers to get roughly 2 pounds of bones, which is what you'll need to make this stock. This is without any meat attached. I know there are many recipes out there for stocks using bones with some meat on them, but I never have that option because there's never a morsel of meat left on the bone in my house. If you are using turkey, venison, or beef marrow bones, just use the same poundage recommendation. Don't stress about exact ounces—just get it somewhere in the ballpark. Another thing not to stress about is the veggies and herbs—just use what you have. This recipe is also found in the "Condiments and Extras" section of the [Trim Healthy Mama Cookbook](#), page 495. This recipe makes approximately 2½ quarts of bone stock.)

Multiple-Serve Recipe

INGREDIENTS:

- 2 lbs. carcasses and mixed bones (*Super Prepared Roasted Chickens*, Page 168 [THM Cookbook](#))
- 2 Tbs apple cider vinegar
- 2½ quarts water (cold)
- 1 medium onion (with skin, chopped in half; optional)
- 1 bulb garlic (with peel, cut in half; optional)
- 2 stalks celery (with leaves, roughly chopped; optional)
- 1 carrot (with ends, unpeeled, roughly chopped; optional)



- 1 bay leaf (optional)
- ½ bunch fresh parsley (optional)
- 1 or 2 sprigs fresh thyme (optional)
- 3 or 4 leaves fresh sage (optional)

INSTRUCTIONS:

1. Place the bones in a large crockpot along with the vinegar and water. Add the veggies and herbs and let sit for 30 minutes so the vinegar can begin pulling the goodness from the bones. (This is not a huge deal; if you start your stock at night before you go to bed and don't want to wait, just omit this step.)
2. Set the cooker on low and cook for 12 to 24 hours.
3. The next day, strain the stock in a colander. Put the stock in the refrigerator to allow the fat to rise and solidify on the top (see Recipe Notes below). Skim the fat (save it in zippered bags in the fridge or freezer for gravies and for flavoring S meals). Separate the stock into cup-size portions and freeze in zippies for future use.

Recipe Notes:

"There is a gadget called a grease separator. This cup device catches and separates the grease from the stock immediately, so you don't have to deal with the cooling step."