

Pasture Bone Broth for Cancer patients

from Rebecca Katz; Cancer Fighting Kitchen

Ingredients:

3 lbs marrow bones from grass-fed beef (or venison bone)
6 unpeeled carrots cut into thirds
2 unpeeled yellow onions, cut into chunks
1 leek, white and green parts, washed and cut into thirds
1 bunch celery cut into thirds
4 unpeeled red potatoes
2 unpeeled Japanese or regular sweet potatoes quartered
1 unpeeled garnet yam, quartered
5 unpeeled cloves of garlic
1/2 bunch of fresh parsley
1 8-inch strip of Kombu (dried seaweed found at the Asian market)
12 black peppercorns
2 bay leaves
1 Tbsp apple cider
8 quarts filtered water
1 tsp salt (Rebecca uses 2 Tbsp Braggs Amino Acids)

Directions:

Preheat oven to 350 degrees, place bones on a baking sheet for 30 minutes.
Rinse all vegetables and Kombu well. In a 12-16 quart stockpot, combine all and bring to a boil, skim top, then simmer for 8-24 hours add water if needed.
Remove and discard bones, then strain the broth through a large sieve. Let cool, skim fat then freeze.

Shortcut:

To make a short-cut version, roast the marrow bones as directed and place in a 6 ½ quart slow cooker. Cover with Magic Mineral broth and add the vinegar. Set the slow cooker on low for 8 to 24 hours, and allow the broth to simmer away. Strain the broth and refrigerate it overnight, then skim the fat, and add 2 more quarts of magic mineral broth.