Simple Collagen-Rich Broth At Home

Makes about 3 quarts





4 lb bones (chicken, beef, etc)



1 onion, quartered

2 carrots, roughly chopped



2 celery stalks, roughly chopped



1 garlic head



2 tbsp apple cider vinegar

16 cups filtered water



sea salt & other herbs such as rosemary , pepper, & bay leaves

Instructions-Stovetop/ Slowcooker Method

- Place beef or chicken bones in a large pot or slow cooker. For beef, roasting the bones at 400°F for 45 minutes first adds richer (optional)
- Cover the bones with the cold water and add the apple cider vinegar to help draw out collagen and minerals
- Bring to a boil, then lower the heat to a gentle simmer. Skim off any foam that rises in the first 30 minutes
- Simmer for 12 to 24 hours for beef, or 8 to 12 hours for chicken. Add water as needed to keep the bones covered.
- During the last 2 hours, add an onion, a few carrots and celery stalks, a head of garlic, and a couple of bay leaves
- Strain the broth and season with salt to taste



If you have an instant pot...

- Place 2 to 3 pounds of bones in the pot (roasting first is optional, as above).
- Add the onion, carrots, celery, garlic, bay leaves, and 1 tablespoon of apple cider vinegar.
- Fill with water to the max fill line
- Pressure cook on high for 2 to 3 hours for beef, or about 2 hours for chicken
- Let the pressure release naturally (20 to 30 minutes). Avoid quick release, since hot broth can spray from the valve
- Strain the broth and season with salt to taste

Storage

- Refrigerate overnight. A jelly-like texture once chilled means you have good collagen content
- Store in the fridge for up to 5 days or freeze for up to 6 months
- Freezing in jars (leave room at the top) or silicone muffin trays makes it easy to thaw single portions

Quick Facts:

- Simmering breaks down collagen from bones and connective tissue into gelatin, which is why good broth gels when chilled. Collagen is about one third glycine, plus proline and hydroxyproline
- Protein: Homemade broth provides roughly 5 to 9 grams of protein per 250 ml serving
- Joints: Your body breaks collagen into amino acids it uses to build its own. In a 24-week trial, athletes taking 10 grams of collagen daily reported less joint pain when walking, standing, resting, carrying, and lifting compared to placebo
- Sleep: Glycine calms the nervous system. Taking 3 grams before bed improved sleep quality, helped people fall asleep and reach deep sleep faster, and reduced daytime sleepiness
- Colds and illness: Studes have found homemade chicken soup reduced the movement of white blood cells that drive inflammation, suggesting a possible anti-inflammatory effect. Broth also hydrates, keeps nasal passages moist, and soothes the throat
- Digestion: Easy to digest and gentle on a sensitive stomach. Gut lining benefits are promising due to research between gelatin and the amino acid glutamine
- Homemade is better: Amino acid content varies widely by recipe, and store-bought broths tested lower in every amino acid than homemade. Use joint-rich bones (knuckles, feet, necks) for the most gelatin

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