



# Easy Bone Broth from Leftover Roasted Chicken

*Adapted from [The Minimalist Baker](#)*

## Ingredients

- Bones and carcass of 1 chicken (we suggest starting with a [SFF Whole Fryer Chicken](#))
- 12 cups filtered water
- 2 tbsp apple cider vinegar
- 1 generous pinch each sea salt and black pepper (plus more to taste)
- Rosemary/herbs (leftover from roasting chicken // optional)
- 1 sliced lemon (leftover from roasting chicken // optional)

## Instructions

1. Simply save the bones from your roasted chicken (including legs and wings that may have been on the serving platter) and add to a large pot or Dutch oven or slow cooker. We also included the lemon wedges and rosemary that were cooked with our whole roasted chicken, but this is optional.
2. Then simply top with filtered water until generously covered (about 12 cups / 2880 ml).
3. Next, add in a bit of salt to season the broth (you can add more later).
4. Then add 1-2 tbsp (15-30ml) apple cider vinegar, which is added primarily as the acidity breaks down the collagen and makes it more abundant in the broth. You can also sub lemon juice, but we prefer apple cider vinegar.
5. Bring to a boil, then reduce to a simmer and cover. Cook for at least 10-12 hours, or until reduced by 1/3 or 1/2, leaving you with 6-8 cups of bone broth. The more it reduces, the more intense the flavor becomes and the more collagen is extracted. We find 12 hours to be the perfect cooking time.
6. Strain and use or store.

Bone broth has many health benefits including collagen to help support joints and skin, amino acids to support gut health, high-quality protein, and some electrolytes. Bone broth can be high in sodium, so make sure you're watching your sodium intake.

