

BONE MARROW SOUP

Use 2-3 gallon pot

Use 4-6 organic beef, buffalo, lamb or turkey bones

Add:

One or two Reishi mushrooms depending on their size.

Four or five Astragalus sticks

Two Turkey tails mushrooms

Two or three Shitake mushrooms

Three heaping Tbsps Chaga

1-2 Tbsps organic apple cider vinegar

Simmer keeping water level two inches from top adding water as needed for 3 days. Keep pot lid slightly ajar while cooking.

Turn off at night and cover. Start cooking again the next morning.

On the last day, add:

1 oz. nettles and 1 oz. alfalfa

1 lb. celery, cut in pieces

1 lb. carrots, sliced

Cook till vegetables are soft

Strain all juice into ice cube trays and freeze it.

Once frozen, take out of trays and store in freezer in ziplocks.

Use 1 cube daily in soup, tea or food.