

Bone Soup

Ingredients:

1 kg Marrow bones, organic pasture reared.

±2l Purified water

5 x Carrots

1 x Onion

2 x Potatoes

4 x Garlic cloves

2 x Rosemary sticks

1 x Celery stick

1 x tsp Turmeric

2 x Tbsp Apple cider vinegar

2 x tsp Salt

1 cup each of; chick peas, barley, lentils, sorghum. Pre-soak overnight (min 10 hours).

Preparation:

1. Slow cook the marrow bones for ±18 hours in an 8l pot.
2. Add all the other ingredients and slow cook for approx. 6 hours.

Serves 10 people

Enjoy &



www.gonatural.co.za