**CHICKEN BROTH**

2lbs Chicken Legs or Whole Chicken

4 qts Water

1 T Apple Cider Vinegar, raw

1 Onion, quartered

2 Carrots, cut in larger chunks

2 Celery Stalks, cut in large chunks

3 tsp Himalayan or Celtic Sea Salt

1. Put chicken in pot
2. Add Water, Vinegar & Sea Salt
3. Add Onion, Celery, Carrots
4. Bring to boil and simmer 1 ½ -2 hrs (until chicken begins to separate and fall off the bone).
5. Strain the broth and consume; feel free to eat the cooked veggies and chicken separately or with the broth.