

Roasted Bone Marrow - ie: "Meat Butter" (Gluten-free, dairy-free, soy-free, grain-free, AIP)

INGREDIENTS:

1 lb beef marrow bones (approx 8 pieces)
1 clove garlic, minced
4 T avocado oil, divided
1 T dried parsley
salt, to taste

DIRECTIONS:

- * Preheat oven to 400 F.
- * Grease the bottom of a cast iron skillet with 2 T of the oil and arrange the bones in a single layer.
- * Season the bones with garlic, salt, parsley, and the remaining oil.
- * Bake for 15 minutes or until the sides of the marrow start to bubble (You do not want it to melt completely... melty, not melted).
- * Serve hot and enjoy! I recommend some crusty bread to sop up the liquid in the pan!