

THE BONE BROTH BOOK

Discover the Benefits of Nature's Cure-All
& Gut-Healing Bone Broth Recipes to
Nourish Your Body



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Table of Contents

What Is Bone Broth?	1
The Natural Benefits of Bone Broth	1
Bone Broth and the Ketogenic Diet	7
Bone Broth and Fertility	7
What Type of Bones Are Best?	8
How to Use Bone Broth	9
Where to Buy Bone Broth	9
Bone Broth FAQ	9
How to Make Your Own Bone Broth	12

BONE BROTH RECIPES

5-Ingredient Meatball Soup with Bone Broth	17
Easy Shrimp Paella with Turmeric Cauliflower Rice	19
Spicy Kale Chili	21
Pumpkin Chicken Curry	23
Savory Balsamic Steak Sauce Recipe	25
Whatever-You-Have Crockpot Soup Recipe	27
DIY Instant Veggie Noodles in a Mason Jar	29
Tripe, Bacon, Bone Broth Gut-Nourishing Stew	31
'Chipotle' Burrito Bowl	33

Paleo Zuppa Toscana

35

The Best Swedish Meatballs Smothered In A Creamy, Dairy-Free Sauce

37

Rainy Day Beef Tomato Soup Recipe

39

What Is Bone Broth?

Ever heard of the Fountain of Youth? If so, you were probably told of its mythical ability to rejuvenate anyone who drinks or bathes in its waters. But did you know that you could find similar qualities in just one batch of bone broth? Its nourishing ingredients are probably sitting in your kitchen right now. While we don't recommend bathing in it, you'll definitely want to check out what it can do to boost your health while slowing down the hands of time.

Bone broth is the liquid that results from boiling animal bones in water. It contains a host of bioavailable minerals, amino acids, and protein, along with anti-inflammatory and joint-protecting compounds like collagen, proline, glycine, and glucosamine. (1)

Keep in mind, though, that the liquid is a far cry from store-bought "broths" made with meat-flavored bouillon cubes, or the chicken soup you probably ate as a kid. Real bone broth isn't just your regular stock made after a few hours of simmering a chicken carcass on the stove. Bone broth's real benefits come from simmering the bones for up to 48 hours, which allows the marrow to be cooked down and the minerals to be released.

In this book, you'll unlock the science behind bone broth's gut-healing, anti-inflammatory, and youth-restoring properties. From discovering its benefits to clever cooking tips to delicious recipes, this easy guide to bone broth has everything you need.

The Natural Benefits of Bone Broth

1. Reduces Inflammation + Promotes Healthy Immunity

Bone broth is rich in gelatin, a collagen compound that helps form strong cartilage and connective tissues. It helps keep joints and tendons elastic and lubricated, reducing inflammation and stiffness.

Research shows that individuals suffering from inflammatory diseases like osteoarthritis, joint pain, osteoporosis, and exercise-induced soreness or sports injuries benefit from consuming gelatin. Just two grams a day have been found to result in less joint pain, improved recovery, and less inflammation than a placebo. (2)

The amino acids in bone broth have specific healing properties that affect the lining of the gut—the small and large intestines. Since 70 percent of the immune system resides in the gut, the health of those tissues can impact systemic inflammation levels as well as overall immunity and the ability to resist sickness and stay healthy. (3) People with healthy gut tissue get fewer colds and sicknesses, and have fewer chronic or autoimmune symptoms. (4)

2. Helps Heal the Gut

Speaking of the gut, the gelatin in bone broth also works to help repair and maintain a healthy gut lining, which is crucial when it comes to healing gut issues like leaky gut and IBS. (5) A strong gut lining helps prevent bad bacteria from setting up shop in your stomach. This also prevents food particles and other compounds from entering the bloodstream, where they can cause inflammation and autoimmune reactions.

Luckily, gelatin is an easily digested and absorbed protein source, which is great for the elderly and others who have trouble breaking down hard to digest sources of protein. Collagen, the active component in gelatin that works so well at restoring gut tissue function and health, can also be taken separately, with benefits for healthy hair and skin as well as boosting the function of detox organs like the liver.

Glutamine is the other part of the gut-healing, one-two punch that bone broth offers. Glutamine helps to keep the tissues of the digestive system functioning as they should, which includes repair work when they've become damaged from food allergies, toxins, or other environmental exposures. Glutamine, a natural part of bone broth, helps undo the damage of leaky gut and begins reversing the process of unwanted particles entering the bloodstream.

3. Promotes Digestion + Detoxes

When the bad bacteria in the gut outnumber the good, certain forms of bacteria can actually attack the liver, causing damage and reducing its ability to properly eliminate toxins from the body. Bone broth and the amino acids, proteins, and other nutrients contained within can help to keep the microbiome in check and keep the liver safe from the proliferating bad bacteria. (6)

The glycine found in bone broth is a major contributor to proper liver function. While people tend to associate a "detox" with a vegetarian diet, actual healthy detox is supported best by a healthy balance between fresh fruits and vegetables as well as high-quality animal products and healthy fats. Bone broth is a detox superfood!

The liver comes in contact with a significant amount of toxins and damaging substances as it prepares them to be removed from the body. Antioxidants are crucial to the process of both protecting the liver from damage and dumping the junk from the body. Two of the most essential antioxidants in this process—uric acid and glutathione—aren't taken in through foods, but are actually produced in the liver itself. Glycine helps the liver to keep a steady supply of these critical antioxidants, promoting proper detoxification. While you certainly can eat a steady supply of other antioxidant-rich foods, like blueberries and citrus fruits, the types of antioxidants found in these don't replace the need for those produced internally within the body.

Beyond that, glycine also aids in helping the liver clear methionine and homocysteine, two amino acids that are essential for health, but which can accumulate in excess in cases of B vitamin deficiency or B vitamin conversion problems, like with genetic mutations such as MTHFR. Excess homocysteine is associated with inflammation and even cardiovascular problems, so glycine and the liver have protective benefits for both of those important aspects of health.

Glycine is so potent that it can also help the liver recover from injury, such as from excess alcohol intake. (7)

Without detox, the body would be a toxic heap. But there's something critical that comes even before detox: digestion. If we can't break down and absorb the foods that we eat, no matter how healthy they are, we will always be running short on essential nutrients. While glycine has benefits for the liver, it also boosts digestive function by increasing production of stomach acid. In a time where people pop antacids like candy, it's misunderstood that digestive discomforts like acid reflux are a result of too much stomach acid—in reality, it is usually a result of too little stomach acid. That's why apple cider vinegar and bone broth can both naturally improve digestion and address heartburn without any lingering side effects from false stomach acid suppression.

After bone broth and glycine help to increase stomach acid, the digestion benefits continue. Glycine helps produce bile, which is essential for digesting fats. Without bile, fats don't fully break down and can pass through the digestive system, producing discomfort in the intestines and sometimes even showing up nearly intact in the stool. Not only is fat required for protecting the cardiovascular system, the joints, and more, it also helps to keep cholesterol functioning healthily in the body. While cholesterol often gets vilified, it's actually a protective substance that's needed for a number of critical body functions. Cholesterol only becomes problematic when it starts to oxidize, and eating healthy omega-3 fatty acids can help to keep that from happening. However, those fats can't offer protective benefits unless they're fully digested, which brings us back to the fact that bile is critical.

4. Boosts Joint, Bone + Skeletal Muscle Health

One of the many amazing aspects of the body is its literal ability to rebuild itself and to repair once damage has occurred. Glycine and proline, two of bone broth's amino acids, are like new building materials that the body can use to complete this amazing process. These two amino acids are used to repair tendons, ligaments, and other connective tissues. They're the basic repair and maintenance duo for the frame that holds that your body together.

Bone broth also contains glucosamine and chondroitin sulfate, both of which are found in cartilage and are studied for their ability to improve joint health and strengthen cartilage. These are beneficial for people with no joint or pain issues, but they can also provide significant pain relief for people suffering from conditions like osteoarthritis, rheumatoid arthritis, fibromyalgia, and other chronic widespread pain conditions that involve joints, muscles, and tendons.

One study showed that glucosamine combined with chondroitin sulfate provided "statistically significant" pain relief compared to a placebo in patients with moderate-to-severe osteoarthritis pain. (8) Many people dealing with this kind of pain take these nutrients in supplement form, but nutrients absorb better and are utilized more by the body when they're consumed in a whole food form, making the glucosamine and chondroitin found in bone broth more bioavailable and impactful. (9)

Glucosamine and chondroitin aren't only beneficial for osteoarthritis. They can have a pain-relieving effect on autoimmune-based rheumatoid arthritis, too, and in some cases, can even lead to complete remission. (10)

Even if you don't have a diagnosed arthritis condition, generalized inflammation in tendons, ligaments, and connective tissues can still cause regular pain, especially in people who are athletes, are highly active, or whose jobs require a lot of physical exertion. Glucosamine and chondroitin, along with hyaluronic acid—which is also found in bone broth—can naturally repair and fortify joints and tendons, cutting down on associated pain and further breakdown and damage.

In a study that pitted supplemental glucosamine and chondroitin against collagen, collagen came out the winner, proving more effective at relieving pain and producing all of the positive results we just discussed. (11) It can't be overlooked, either, that bone broth is also a rich source of protein, which can lead to more balanced blood sugar. This can produce better homeostasis or balance within the body, freeing the body to focus on the repair work associated with pain instead of compensating for excess blood sugar or insulin levels.

Glycine can also protect against skeletal muscle loss while also reducing the expression of genes that cause muscle wasting. Researchers have even found this to be true in cases of muscle wasting due to cancer. (12)

5. Boosts Skin Health + Strengthens Hair

You may have seen hyaluronic acid in the ingredient list of many anti-aging serums—and for good reason. Hyaluronic acid, which is also found in bone broth, is a key player when it comes to keeping skin hydrated, supple, and wrinkle-free. It supports cell regeneration and elasticity, and is also responsible for maintaining skin firmness. (13)

While these sound like superficial reasons, our skin serves a purpose well beyond just looking good. We want it to be in the best shape possible because it's also the protective sheath of the body. Bone broth's anti-inflammatory and skin health benefits go beyond cosmetics, down to actually improving wound healing and recovery from injury. When the body is trying to repair tissues or skin of any kind, it requires more amino acids, and increasing

intake through bone broth can help to speed the process of healing and recovery.

Glutamine and arginine are two amino acids found in bone broth that specifically have the ability to speed wound healing and body repair work by helping produce more collagen in the tissues. Glutamine can even promote post-surgical healing. (14)

Hair can even be strengthened and improved by consuming bone broth, primarily because of bone broth's high protein and amino acid content. Hair is almost entirely protein, so when the body is lacking in high quality protein and amino acids (or digestion is impaired and it isn't properly breaking them down), hair can become brittle, dull, and dry. Consuming bone broth can help hair to thicken and grow faster, and to look more vibrant and healthy. (15)

6. Improves Sleep Quality

Not only can a cup of hot broth be incredibly soothing, but it can also help you catch some zzz's. Bone broth is rich in glycine, an amino acid that has been shown to improve sleep quality and can help to induce relaxation. Research shows that it has the potential to help improve nighttime sleep while also reducing daytime sleepiness, i.e., it produces more restful and high quality sleep. (16)

7. Promotes DNA Repair + Protects Cells

Bone broth contains glutathione, a potent antioxidant that regulates the expression of certain genes and protein synthesis. A lack of glutathione has been associated with the development of a range of diseases, including: (17)

- Alzheimer's
- Parkinson's
- Liver disease
- Cystic fibrosis
- Sickle cell anemia
- HIV
- AIDS
- Cancer

- Heart attack
- Stroke
- Diabetes

Glutathione helps keep tissues young and its levels naturally decline with age, which is partially why "normal" aging breakdown happens. Supplemental glutathione isn't as effective as dietary sources because supplements alone break down quickly once they touch the mouth, and don't necessarily remain intact nutrients by the time they could be utilized by the body following digestion. Glutathione from food sources, however, is different, and a diet rich in glutathione can actually help to keep the body younger and reduce the stressors and signs of aging. (18)

Bone Broth and the Ketogenic Diet

The ketogenic diet promotes burning of energy using ketones as an alternative body fuel source to glucose. In doing so, inflammation can naturally be reduced, significant weight loss can take place, and chronic conditions that involve the brain can typically be better controlled (like epilepsy, as well as reducing risk for Alzheimer's and dementia).

Bone broth is a perfect ketogenic food because it's so dense in protein and contains basically no carbohydrates. Not only is it rich in amino acids, but it contains significant nutrients, making it a true keto superfood that is as nutrient-dense as it is filling.

The bone broth diet, which can in some cases include drinking bone broth for a day's worth of meals, followed by eating high-fat and high-protein foods, can be highly effective for boosting gut health, promoting weight loss, and reversing negative symptoms of leaky gut and other intestinal problems.

Bone Broth and Fertility

Infertility is a problem that impacts more than 12 percent of reproductive-aged women. (19) While numerous factors in both men and women can impact what causes fertility problems, the case for a nutritional component can't be entirely overlooked.

Nutritional factors that can influence fertility range from egg quality and sperm quality to hormone balance, thyroid health, digestive wellness, MTHFR problems, and even too little healthy fat in the diet.

It can't be promised that nutrition can "cure" infertility, but whether you're struggling to conceive or not, having a strong foundation of nutrition and digestion is essential for a healthy fetus.

Fertility is dependent on a number of factors, but all of those addressed above (digestion, gut health, liver detox, DNA, healthy aging, and even sleep quality) all are intricately connected with the ability to get and stay pregnant.

Not only is bone broth a nourishing food for preconception wellness, it's also ideal to consume during pregnancy and for postpartum healing. It's nutrient-dense and an excellent source of protein nourishment for the breastfeeding mother, too.

What Type of Bones Are Best?

Choosing bones for broth is identical to choosing the meat you eat. Most importantly, the bones should be from 100% grass-fed, pasture-raised, organic animals. Grass-fed, pasture-raised animals are allowed to roam pastures and consume their natural diet, remaining free from crowded pens. Hormone-free animals are free of the toxic hormones and antibiotics that are pumped into factory-farmed animals to force them to grow faster and bigger.

This results in a healthier animal with healthier tissues and an optimal omega-3 to omega-6 essential fatty acid ratio, which helps reduce inflammation. It also results in a higher vitamin A content. (20)

When you're choosing bones for your broth, any combination can work best. Feet, neck, and even marrow can all work. You can mix and match with chicken, beef, and even seafood. To customize the taste of your broth, you can add herbs and spices, but don't forget the most essential element: the apple cider vinegar that helps to draw the nutrients from the bones during the long, slow cooking process.

How to Use Bone Broth

Bone broths make a delicious, rich base for an endless amount of recipes, such as:

- Soups
- Stews
- Gravy
- Marinades
- Sautés
- Dips and spreads

You can also drink a simple cup of herb-flavored broth before your meals, as it's been proven that having a light soup before eating reduces appetite to promote weight loss. (21).

Where to Buy Bone Broth

Your best bet for high-quality, grass-fed broth bones is your local butcher or health food store's meat department. If you find they're lacking, you can always search online at [U.S. Wellness Meats](#) or [Wise Choice Market](#), or find a local farmer's market or farm that offers bones. You can also save the bones from whole roasted turkeys or chickens and use them to make homemade broth.

Bone Broth FAQ

Is it okay to buy bone broth from the grocery store?

That depends. You want to find bone broth made from 100% grass-fed, organic, pasture-raised animals. Factory-farmed animals are loaded with hormones, antibiotics, and other nasties that end up being passed on to you when you consume them.

The problem with many store-bought broths is that most aren't broths at all. Instead, they're a combination of bouillon cubes flavored with "meat flavor," other artificial flavorings and sauces, and monosodium glutamate, or MSG, a neurotoxin.

So, you have two options: First, you can make [gut-healing bone broth](#) yourself. This ensures that you have control of the ingredients in your broth. Or, you can find trusted brands (we recommend [Kettle & Fire](#)) that only use high quality bones and no artificial ingredients.

Should I skim the fat from the broth?

Only if you prefer to. The most optimal way to skim the fat is to let the broth sit in the fridge for a few hours until the fat hardens on the top, then scrape it off.

How can I make bone broth more flavorful?

Herbs, spices, and even veggies! The combinations are truly endless, but below are a few tried and true ingredients that add great flavor:

- Onions
- Leeks
- Carrots
- Parsley
- Peppercorns
- Red pepper flakes
- Rosemary
- Thyme
- Sage
- Green onion
- Celery
- Salt and pepper

Tip: Avoid bitter veggies like cabbage and collard greens, since they can end up making your broth bitter.

What about other types of bones, like lamb, venison, or duck?

Go for it! There's really no limit to what type you can choose. You should also try to not only vary which animal bones you choose, but the type. For instance, ask for marrow bones as well as other types like knuckle and feet bones.

This way, you'll vary the amount of cartilage and minerals you're getting in each broth.

Can I roast the bones before making a broth?

Definitely! Roasting creates a deeper, richer broth flavor. If you do choose to roast, place the bones in a shallow pan and pop them the oven set at 350°F for an hour.

Why is my broth resembling jello? (Or, why it isn't?)

Broth contains high amounts of good-for-you gelatin and collagen. As you know, gelatin is what is used to make jello, so it naturally takes on the same consistency.

If your broth doesn't become gel-like, it may be because the bones didn't cook long enough (be sure they're going for at least 12 hours), there was too much water compared to bones in your recipe, or there weren't enough bones with visible cartilage.

Can I reuse broth bones?

Sure! The same bones can be used until they get soft.

Is there a maximum number of hours I should let the bones cook?

Generally, chicken and fish bones can cook for up to 24 hours, while beef bones can go up to 48 hours.

How should I store bone broth?

Broth can be stored in the fridge for about 4 days. Let it cool before transferring it to a glass jar for storage, leaving a little space at the top for expansion.

Broth can also be stored in your freezer for up to a year.

Tip: An easy way to do this is to pour your broth into ice cube trays.

**HOW TO MAKE
YOUR OWN
*Bone Broth***



THE ULTIMATE

Bone Broth Recipe

L Cook Time: 48 hrs **L** Prep Time: 10 mins

Ingredients:

- 4 lbs beef bones
- 12 cups water
- 2 T apple cider vinegar
- 1 medium onion, roughly diced
- 1 ½ cups chopped carrots
- 1 ½ cups chopped leeks
- 3 bay leaves
- 3-5 sprigs fresh rosemary
- 6 cloves garlic
- 1 t black peppercorns

Instructions:

1. Preheat oven to 450 °F and line a baking sheet with aluminum foil. Place the bones on the baking sheet and roast for 40 minutes, flipping halfway through.
2. Once the bones are cooked place bones in a large stockpot and cover with water. Add the vinegar and allow to sit at room temperature for about 30 minutes.
3. Roughly chop the vegetables and add to the stockpot. Bring to a rolling boil and then lower to a simmer.
4. For the first 2-3 hours, skim any foamy layer that develops on the top and discard.
5. For beef bone broth, simmer for 48 hours, for chicken bone broth, simmer for 24 hours, for fish broth, simmer for 8 hours.
6. Allow to cool slightly and strain. Transfer the broth to an airtight container and refrigerate for 4-6 hours or overnight. This will allow the fat to rise to the top and solidify.
7. Scrape the fat off the top with a spoon. This will leave you with a gelatinous bone broth when cold.
8. Store in an airtight mason jar or freeze until ready to use. When ready to use, slowly warm the broth over a low heat to bring it back to a liquid consistency.

Bone Broth
RECIPES



5-INGREDIENT *Meatball Soup* WITH BONE BROTH

 **Cook Time:** 35 mins  **Prep Time:** 20 mins  **Serves:** 10 cups

Ingredients:

For the Soup:

- 8 cups beef bone broth
- 2 cups green cabbage, coarsely chopped
- 1 cup celery, chopped
- 1 cup carrots, chopped
- ½ cup white onion, minced
- 2 T olive oil
- 1 sprig rosemary
- 1 t dried thyme
- 1 t ground turmeric
- 2 garlic cloves, minced
- 2 t sea salt
- ½ t black pepper

For the Meatballs:

- 1 lb ground, grass-fed beef
- 2 T nutritional yeast
- 1 egg
- 1 t dried basil
- 1 t cracked fennel

Instructions:

1. Prepare bone broth in advance. See link below for recipe.
2. Next prepare meatballs by combining ground beef, egg, nutritional yeast, dried basil and cracked fennel in a large bowl. Stir to combine until egg is completely mixed in.
3. Form mixture into small meatballs using a tablespoon to scoop and then rolling with hands into balls.
4. Lightly grease a large skillet with extra virgin olive oil and heat over medium heat until hot. Add meatballs and brown for 5 minutes, turning occasionally for even browning. Remove pan from heat. Note: Meatballs should NOT be completely cooked.
5. In a large Dutch oven or pot, heat extra virgin olive oil over medium heat. Add celery, onion, and carrot. Cover and cook 5 minutes.
6. Stir in garlic, thyme, turmeric and cabbage. Cover and cook an additional 5 minutes.
7. Pour in bone broth and add meatballs, salt, pepper and sprig of rosemary. Bring to a low boil and reduce heat to simmer for 15 minutes. Remove rosemary sprig. Ladle into bowls and serve hot.



EASY SHRIMP PAELLA

with Turmeric Cauliflower Rice

 **Cook Time:** 30 mins  **Prep Time:** 10 mins  **Serves:** 4

Ingredients:

- 1 lb. medium shrimp, peeled
- 4 cups cauliflower rice
- ½ cup sweet onion, finely chopped
- 1 cup bell pepper, chopped
- ⅔ cup chicken or bone broth
- 2 T organic tomato paste
- 2 T ghee
- 2 T parsley, finely chopped
- 1 t smoked paprika
- ¼ t saffron threads
- ¼ t ground turmeric
- ¼ t pepper
- ½ t sea salt
- ¼ t red pepper flakes

Instructions:

1. Blot shrimp dry with paper towel to remove any excess liquid. In a large skillet, melt 1 tablespoon of ghee over medium heat. Add shrimp and sauté 5-7 minutes, turning once. Place cooked shrimp in a bowl and set aside.
2. Melt down the remaining tablespoon of ghee and stir in onion and bell pepper. Sauté until onion starts to soften, about 5 minutes.
3. Stir in tomato paste and chicken broth. Add cauliflower rice, saffron threads, turmeric, smoked paprika, red pepper flakes and sea salt. Stir well. Cook for 5 minutes.
4. Stir in cooked shrimp and garnish with fresh parsley.



SPICY *Kale Chili*

L Cook Time: 2 hrs 15 mins **L** Prep Time: 10 mins **🍴** Serves: 5

Ingredients:

- 1 lb ground beef
- 10 oz Crimini mushrooms, sliced
- 10 oz kale, chopped
- 1 jar roasted red peppers
- 1 cup canned plum tomatoes
- 2 chipotle peppers in adobo sauce
- 2 t cumin
- 2 t chili powder
- 2 t each salt and pepper
- 2 t oregano
- 4 cloves garlic
- 2 cups beef bone broth
- ½ cup water

Instructions:

1. In a pan, brown ground beef and mushrooms for roughly 15 minutes.
2. While meat and mushrooms cook, add to a blender red peppers, tomatoes, chipotle peppers, cumin, chili powder, salt, pepper, oregano, and garlic. Blend into a chili base.
3. Add to a slow cooker the ground beef, mushrooms, chili base, bone broth, water and kale. Cook mixture for a minimum of 2 hours on high, up to 6 hours on low.



PUMPKIN

Chicken Curry

L Cook Time: 50 mins **L** Prep Time: 10 mins

Ingredients:

- 1 lb boneless skinless chicken breasts
- 3 T olive oil, divided
- 2 T curry powder
- 2 T water
- 1 cup pumpkin puree (canned or fresh)
- 1 can coconut milk
- 1 cup chicken bone broth
- 3 zucchini and/or summer squash
- 6 large mushrooms
- Salt and pepper to taste

Instructions:

1. Slice chicken breasts into bite size chunks. Season with salt and pepper. Heat 2 tbsp of olive oil over medium heat in a large skillet. Cook chicken, turning occasionally, for 15 minutes or until cooked through.
2. While chicken cooks, combine 1 tbsp olive oil, curry powder and water to make a paste. Set aside.
3. Remove chicken from pan and set aside. Add to the pan pumpkin, curry paste, bone broth, coconut milk and salt and pepper. Whisk mixture together until smooth. Cover, and simmer sauce on low for 20 minutes.
4. While sauce simmers, chop squash and mushrooms.
5. Add back into sauce chicken, squash and mushrooms. Combine well, coating everything with sauce. Cook over medium heat for 15 to 20 minutes, until vegetables are tender. Enjoy!



SAVORY BALSAMIC

Steak Sauce Recipe

 **Cook Time:** 10 mins  **Prep Time:** 5 mins  **Serves:** 1 ¾ cups

Ingredients:

- ¾ cup balsamic vinegar
- ⅔ cup tomato sauce
- ¼ cup honey
- ¼ cup beef bone broth
- 2 T Dijon mustard
- 1 T Tamari (substitute coconut aminos if you'd like)
- 1 t minced garlic
- ½ t cinnamon
- Optional: 2 t tapioca starch, made into a slurry

Instructions:

1. Whisk together all ingredients in a saucepan. Bring mixture to a boil for ten minutes, stirring often. Mixture should thicken.
2. For a thicker sauce, whisk in a slurry of 2 tsp. tapioca starch and water. Serve atop steak, chicken, lamb and more.



WHATEVER-YOU-HAVE

Crockpot Soup Recipe

 **Cook Time:** 4 hrs  **Prep Time:** 10 mins  **Serves:** 4

Ingredients:

Crockpot Soup

- 3 boneless/skinless chicken breasts
- 1 sweet potato, diced
- 3 celery stalks, sliced
- ½ cup red onion, diced
- 1 t garlic, minced
- 1 T curry powder
- 1 t sea salt
- 3 cups chicken bone broth
- 1 cup full-fat coconut milk

Raw Toppings

- 1 handful fresh basil, chopped
- 2 cups zucchini noodles
- Sliced red onion

Instructions:

1. Arrange all chicken, vegetables and seasonings in the crockpot.
2. Pour in liquid and turn crockpot to high setting. Cover with lid and cook 4 hours or until chicken is tender and cooked through.
3. Shred chicken with a fork and return to crockpot. Stir to combine. Ladle stew into bowls and serve with raw toppings.



DIY INSTANT

Veggie Noodles

IN A MASON JAR

 **Cook Time:** 5 mins  **Prep Time:** 15 mins  **Serves:** 1

Ingredients:

- 1 Chomps jerky stick, thinly sliced
- 1 cup zucchini noodles, sliced on 3-mm blade
- ½ cup shredded carrots
- ½ cup shredded cabbage
- ½ cup shiitake mushrooms
- ¼ cup scallions, thinly sliced
- 1.5 cups beef bone broth

Instructions:

1. Remove casing from jerky and thinly slice into small pieces.
2. Layer all ingredients except the bone broth in a wide-mouth mason jar. Refrigerate until ready to eat.
3. Heat bone broth until simmering and pour over vegetables in mason jar. Allow to sit 3-5 minutes. Enjoy hot.



TRIPE, BACON, BONE BROTH

Gut-Nourishing Stew

 **Cook Time:** 2 hrs 40 mins  **Prep Time:** 10 mins  **Serves:** 4

Ingredients:

To Cook Tripe:

- 1 lb tripe
- 8 cups water
- 1 sprig of rosemary

For Stew:

- 1 lb pre-cooked tripe, cut into 1-2 inch pieces
- ½ cup bacon ends
- 1 cup carrots, chopped
- 1 cup celery, chopped
- ½ cup sweet white onion, finely chopped
- 4 cups beef bone broth
- 1 T ghee
- 2 T tomato paste
- 1 t garlic, minced
- 1 t dried basil
- ¼ t sea salt

Instructions:

1. Begin by rinsing tripe well and placing into a large pot covered with water. Add rosemary sprig. Bring to a boil over medium heat. Reduce to medium-low heat and cover with lid slightly cracked. Simmer 2 hours or until tripe is tenderized.
2. Remove tripe from pot and place into a strainer to cool. Once tripe is cool enough to touch, cut into small pieces.
3. Melt ghee in a Dutch oven or large pot over medium heat. Add garlic, onion, celery and carrots. Cook 5 minutes. Stir in bacon and continue to cook uncovered an additional 5-7 minutes, until bacon ends are lightly crisped.
4. Stir in sea salt, basil and tomato paste. Add tripe and stir well. Pour in bone broth and bring to a low boil. Simmer 30 minutes uncovered.



'CHIPOTLE'

Burrito Bowl

L Cook Time: 6 hrs **L** Prep Time: 10 mins

Ingredients:

- 4 pounds pork shoulder
- 3 cups beef bone broth
- 1 yellow onion, diced
- 3-4 ancho chiles with 1-2 T sauce
- 3 cloves garlic, minced
- 1 orange
- 2 limes
- ¼ cup chili powder
- 1 T ground cumin
- 1 head cauliflower, cut into florets
- 1 head romaine lettuce, shredded
- 1 cup fresh guacamole
- 1 bunch cilantro, chopped
- sliced black olives (optional)

Instructions:

1. Carefully trim any excess fat off of the pork shoulder and place it in your slow cooker. Pour the bone broth over the pork, and set aside. Place the diced onions, minced garlic, and ancho chiles with sauce around the pork shoulder. Squeeze the juice from the orange and limes into the slow cooker. Add the spices and gently stir the ingredients together.
2. Turn your slow cooker on "Low" for 6 hours, turning the pork over halfway through, if possible.
3. Once the pork is cooked, transfer it to a cutting board and using two forks, shred the pork. Remove the adobo peppers from the leftover sauce, and then transfer the shredded pork back into the sauce until you're ready to serve it.
4. Once the pork is cooked, prepare your cauliflower "rice." Place the florets into your food processor and pulse it a few times until you reach a rice consistency — be sure not to over process it.
5. Heat a small amount of coconut oil in a skillet over medium-high heat. Saute the cauli-rice for about 3-5 minutes, stirring frequently to warm it through.
6. Prepare your bowl by spooning the cauliflower rice and pork into a bowl and top with your desired toppings — don't be afraid to get creative with it!



PALEO

Zuppa Toscana

 **Cook Time:** 40 mins  **Prep Time:** 5 mins  **Serves:** 6

Ingredients:

- 1 lb ground pasture-raised pork sausage
- ½ cup white onion, chopped
- 1 t fennel seed
- 1 t dried basil
- ¼ t garlic powder
- 2 parsnips, chopped
- 1 can full fat coconut milk, cream portion only
- ½ t sea salt
- 4 cups chicken bone broth
- 2 cup kale, chopped
- ½ t chili flakes (optional)

Instructions:

1. In a large pot over medium heat, cook the pork and onion, using a spatula to break the pork into pieces. Stir in the fennel, dried basil and garlic powder. Cook for 10 minutes, until the pork browns and the onions have softened.
2. Add the parsnips, coconut cream, sea salt and chicken bone broth. Bring to a boil, then reduce the heat and simmer for 25 minutes.
3. Add the kale and cook for 5 minutes more. Add chili flakes to taste, and serve hot!

Tip: You can also use pasture-raised Italian sausage in a pinch, just remove the sausage from the casing and break it up into small pieces.



Calphalon

THE BEST SWEDISH

Meatballs Smothered

IN A CREAMY, DAIRY-FREE SAUCE

 **Cook Time:** 25 mins  **Prep Time:** 10 mins  **Serves:** 16 to 18 meatballs

Ingredients:

- 1 lb ground beef
- 1 lb ground pork
- ½ cup almond meal
- 1 egg
- ½ cup white onion, minced
- 1 t garlic, minced
- ½ t nutmeg
- ½ t sea salt
- 1 T extra virgin olive oil
- 1 14 oz can full-fat coconut cream
- 1 cup beef bone broth
- 1 T Dijon mustard
- ¼ cup parsley, finely chopped

Instructions:

1. In a large mixing bowl, use your hands to combine the ground beef, ground pork, almond meal, egg, onion, garlic, nutmeg, and sea salt. Roll the meat into medium-sized balls.
2. Heat the olive oil in a large skillet over medium heat. Add the meatballs in batches with enough space to move them around. Cook for 4 to 5 minutes, turning every 2 minutes. Remove the meatballs from the pan and set aside.
3. Reduce the heat to low. Carefully pour the coconut cream, beef broth and Dijon mustard into the pan and heat, scraping up any browned-on bits with a wooden spatula. Stir well.
4. Once the sauce is steaming hot, add the meatballs back to the pan and simmer for 20 minutes to cook through. Serve hot garnished with fresh parsley.



RAINY DAY BEEF

Tomato Soup Recipe

L Cook Time: 20 mins **L** Prep Time: 30 mins **🍴** Serves: 6

Ingredients:

- 1 lb grass-fed beef stew meat, sliced into 1-inch cubes
- 1 sweet potato, peeled and sliced into 1-inch cubes
- 1 small white onion, diced
- 1 cup celery, diced
- 1 cup carrots, diced
- 4 cups beef bone broth
- 1 14-oz can diced tomatoes
- 2 T extra virgin olive oil
- 2 bay leaves
- 1 T Italian seasoning
- 1 T garlic powder
- Salt and pepper, to taste

Instructions:

1. In a large pot, heat extra virgin olive oil over medium heat. Add diced celery, onion, and carrots. Sauté 4-5 minutes until tender.
2. Add beef stew meat, sweet potatoes, salt and pepper. Sauté another 4-5 minutes until the beef is cooked.
3. Place tomatoes with juice in the pot with broth and seasonings. Cover and bring to a boil.
4. Once the pot is boiling, reduce the heat to low. Simmer on low 20 minutes, allowing flavors to combine.
5. Remove bay leaves and serve immediately.

