

# THE **BONE BROTH** MIRACLE COOKBOOK



SALUTEM TUNNEL

# **The Bone Broth Diet: 50 Recipes**

By Salutem Tunnel

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## **Bone Broth**

### **What is it?**

If you don't know what bone broth is then you have certainly been missing out. It is as simple as the name states broth made from bones. Many Paleo followers know about the phenomenon of bone broth. This type of broth has been around for many years and it has a host of benefits that everyone can benefit from.



## **Benefits of Bone broth**

### **1. It promotes healthy digestion and helps seal and heal your gut**

The gelatin found in bone broth that can help seal any leaks in the intestines thus it is good for anyone with leaky gut syndrome and can also aid in preventing said ailment. Just a cup of broth a day can help cure constipation, chronic diarrhea and can possibly even help food intolerance.

### **2. Protection for your joints**

Anyone that has joint pain has probably been prescribed glucosamine supplements; this can be found in bone broth. The broth also provides a host of other goodies that can keep your joints pain-free and healthy. Bone broth also contains chondroitin sulfate that can aid in preventing osteoarthritis.

### **3. Help you to look younger**

Cosmetic companies have long made products with an ingredient that can help to keep one's skin youthful. The common ingredient 'collagen' is usually highlighted on many skin products. Bone broth is an excellent source of collagen. The benefits of drinking collagen can be much more effective than using it on the outside of the body. Consuming collagen through broth is not only cheaper but can help your nails, hair and skin look as radiant as expensive cosmetics.

### **4. Strengthens the immune system**

Bone broth has been called a superfood because of the source of minerals that can be found in high concentration within the broth. Bone

marrow can help to strengthen the immune system and can even help to lessen symptoms of those with auto-immune disorders.

### **5. Strengthens the bones**

Because bone broth is made from of course bones, there are a lot of minerals locked into bones that can help strengthen our bones. Minerals such as calcium, magnesium and phosphorous are integrated into the broth which can aid in making bones strong.

### **6. It's economical**

With prices constantly increasing, whenever there is something that is easy on the pockets of course you have to grab a hold of it. You can basically use any bone that you were probably going to throw out and prepare your broth. How about those veggies that you thought were going to go bad? You will already most likely have the items already on hand so no need to spend for any extra ingredients. No need to buy broth in the store anymore and I'll let you in on a little secret: 'Your homemade broth is 100% more nutritious than anything you could buy'.

## **Chicken Bone Broth**

*This soup can be the base for any chicken based dish such as stews, or can be served as is. It can be incorporated in many light or heavy soups.*

**Makes 7-8 quarts**

**Preparation Time: 8 hours**

### **Ingredients**

- Chicken feet (2)
- Bay leaves (3, dried)
- Cider vinegar (2 tablespoons)
- Whole chicken (1, pasture-raised, cleaned without organs)
- Vegetables scraps (1 gallon- carrots, parsley, onions, celery and leeks)
- Peppercorns (1 tablespoon, whole)
- Cold water (filtered)

### **Directions**

1. Add whole chicken to a stock pot with a heavy bottom. Add in peppercorns, bay leaves and vegetable.
2. Add vinegar and water (enough to cover vegetables) and cook until it comes to a boil.
3. Lower heat and cook for 6-8 hours; remove anything that settles on top.
4. Strain broth, cool and pour into jars.
5. Refrigerate for up to 7 days or freeze for up to 6 months.



## **Beef Bone Broth**

*This soup can be the base for any beef based dish such as stews or can be served as is. It can be incorporated in many light or heavy soups.*

**Makes 7-8 quarts**

**Preparation Time: 25 hours**

### **Ingredients**

- Cider vinegar (1/4 cup, organic)
- Celery (3 stalks, chopped)
- Carrot (3, chopped)
- Onion (1, chopped)
- Beef soup bones (3lbs., grass-fed)
- Cold water (filtered)

### **Directions**

1. Set oven to 400 degrees
2. Put carrot, celery, vinegar, soup bones into a crockpot and add enough water to cover ingredients. Set aside for an hour.
3. Set crockpot on low and cook for 24 hours.
4. Strain broth into clean jars and cool. Refrigerate for up to 7 days or freeze for 3-6 months.

## **Seafood Broth**

*This soup can be the base for any seafood based dish or can be served as is. It can be incorporated in many light or heavy soups.*

**Make 2 quarts**

**Preparation Time: 25 hours**

**Ingredients**

- Shrimp shells and heads (5 cups)
- Onion (2 cups, chopped)
- Carrots (1 cup, with peel, chopped)
- Thyme (5 sprigs)
- Bay leaves (2, dried)
- Tomato paste (1/4 cup)
- Water (2 quarts)
- Olive oil (2 tablespoons)
- Garlic (4 cloves, crushed)
- Italian parsley (5 stems)
- Black peppercorns (1 tablespoon, whole)
- White wine (1/2 cup, dry)
- Salt

**Directions**

1. Clean shells and shrimp heads and drain.

2. Heat oil in a large, thick soup pot and add celery, garlic, parsley, peppercorns, onions, carrots, thyme and bay leaves. Cook for 8 minutes, stirring occasionally until vegetables are soft.
3. Put in shells and heads, stir and cook for 1 minute. Add wine and tomato paste, mix together, cover and cook for 1 minute.
4. Add water, stir and cook until it boils. Turn the heat down and cook for 45-60 minutes. Taste and add salt if needed.
5. Strain broth into clean jars and cool. Refrigerate for up to 7 days or freeze for 3 months.

## Creamy Garlic Soup

*This soup is rich and creamy, filled with cauliflower and no dairy products.*

**Makes 7 bowls**

**Preparation Time: 55 minutes**

### Ingredients

- Olive Oil (1 tablespoon)
- Chicken Bone Broth (Cups, 5)
- Cayenne Pepper (1/2 teaspoon)
- Salt (1 teaspoon)
- Black Pepper (1 teaspoon)
- Garlic (3 Pegs, with peel)
- Medium-sized Cauliflower (5 Cups, chopped)

### Directions

1. Set oven to 360 degrees
2. Slice the garlic and pour olive oil on pieces
3. Warm garlic in oven for 20 minutes
4. Boil the cauliflower in the chicken broth on medium heated stove for 25 minutes and add crushed garlic
5. Use an immersion blender to blend the mixture OR remove the mixture from the pot and place in a blender or food processor.

6. Place the mixture back into the pot (if it was not remove) and add salt, black pepper and cayenne pepper
7. Let mixture simmer for 7 minutes
8. Serve & Enjoy



## **Spicy, Creamy Carrot Parsnip Soup**

*With the explosion of both carrot and parsnips you get the best of both worlds, creamy and sweet mixed with spicy and rich flavoring.*

**Makes 6 bowls**

**Preparation Time: 35 minutes**

### **Ingredients**

- Chicken Bone Broth (Cups, 5)
- Fresh Thyme (8 Sprigs)
- Sea Salt (1 tablespoon)
- Garlic (1 clove)
- Carrots (10, chopped and peeled)
- Parsnips (3, chopped and peeled)

### **Directions**

1. Wash, clean and chop the carrots and parsnips into 1/4 inch pieces
2. Place Carrots, Parsnips, garlic and thyme into a pot
3. Pour bone broth into the pot and boil for 30 minutes

4. Take small portions of the mixture from the pot and puree in blender until there is a smooth texture
5. Once all portions have been pureed, add the mixture back to the pot and heat. Turn off flame and cover to keep warm.
6. Plate and serve with garnish of your choice

## **Flavorful Butternut Squash Soup**

*Whether you want a thin and light filling soup or you rather a chunk and thicker soup, this flavorful butternut squash soup will give you the right taste.*

**Makes 8 bowls**

**Preparation Time: 40 minutes**

### **Ingredients**

- Chicken Bone Broth (Cups, 5)
- Butter (2 ½ tablespoon)
- Cream Cheese (8oz)
- Onion (2, small)
- Salt (1 teaspoon)
- Black Pepper (1 teaspoon)
- Medium- sized Carrots (2, peeled and sliced)
- Medium Potatoes (2, peeled and sliced)
- Butternut Squash (1, peeled and sliced)

### **Directions**

1. Place butter in saucepan and toss onions until soft
2. Combine squash, potatoes and carrots with 4 cups of broth to the saucepan and bring to a boil for 30 minutes
3. Remove half of the mixture from the saucepan and add to blender with 4oz of cream cheese and blend.

4. Do the same to the remaining soup mixture; add the 1 cup of chicken broth and 4oz cream cheese and then blend.
5. Add salt and pepper to taste
6. Serve & Enjoy



## **Rich Green Broccoli Soup**

*Comforting Broccoli Soup filled with nourishing vegetables and bone  
broth*

**Makes 6 bowls**

**Preparation Time: 45 minutes**

### **Ingredients**

- Chicken Bone Broth (Cups, 4)
- Coconut Oil (Cup, 1/2)
- Small Onions (4)
- Large Carrots (4)
- Garlic (7 cloves, diced)
- Salt (1 teaspoon)
- Black Pepper (1 teaspoon)
- Broccoli (4 pounds)

### **Directions**

1. Sauté onions, broccoli, carrots, salt and black pepper in coconut oil in pot on medium heat for 20 minutes (ensure onions are golden brown and broccoli is bright green.)
2. Add garlic and cook for additional 3 minutes

3. Add chicken stock and boil for 15 minutes
4. Remove the mixture and puree in blender OR use immersion blender to puree mixture
5. Sprinkle with salt and black pepper
6. Serve & Enjoy

## Toasted Garlic Soup

*Garlic can solve it all, from common colds, to helping you to maintain a healthy lifestyle.*

**Makes 7 bowls**

**Preparation Time: 80 minutes**

### Ingredients

- Beef Bone Broth (Cups, 2)
- Salt (1 teaspoon)
- Black Pepper (1 teaspoon)
- Garlic (Heads, 5)
- Celery Stalks (3, sliced)
- Medium Carrots (3, sliced)
- Medium Onion (1, sliced)

### Directions

1. Set oven to 350 degrees
2. Remove the heads of the garlic, slice in half and sprinkle with coconut oil or butter
3. Toast garlic in oven for 50 minutes

4. Remove garlic and set aside to cool, fry on medium heat celery, carrots and onion in saucepan with salt and black pepper for 10 minutes
5. Add the garlic to the pot, pour in chicken stock and bring to a boil for 10 minutes
6. Remove the mixture and puree in blender OR use immersion blender to puree mixture
7. Sprinkle with Salt & Pepper before serving

## Creamy Tomato Soup

*Whether from the market or fresh from your home garden, nothing beats a home-made tomato soup.*

**Makes 6 bowls**

**Preparation Time: 40 minutes**

### Ingredients

- Chicken Bone Broth (Cups, 2)
- Coconut Oil (Cup, 1/2)
- Honey (1 tablespoon)
- Garlic (4 cloves, diced)
- Large Carrots (3, sliced)
- Large Onion (1, chopped)
- Tomato Paste (2 tablespoons)
- Fresh Basil (Cup, 1/2)
- Large Tomatoes (6, sliced, seeded and scrapped)
- Salt and Pepper to taste

### Directions

1. Place coconut oil, carrots, onions and salt in saucepan and sauté for 15 minutes

2. Add garlic and tomato paste and cook for an additional 2 minutes
3. Include tomatoes, basil and chicken bone broth to pot and boil
4. Let mixture simmer for 20 minutes, remove from stove and add honey
5. Puree the mixture in blender OR use immersion blender to blend
6. Sprinkle with additional tomato pieces before serving (if desired)



## **Sweet Potato Soup**

Imagine a delicious home-made sweet potato pie in the form of a soup, brings you a relaxing place.

**Makes 6 bowls**

**Preparation Time: 50 minutes**

**Ingredients**

- Pumpkin Pie Spice (1 tablespoon)
- Can Coconut Cream (Cup, 1/2)
- Chicken Bone Broth (Cups, 5)
- Large Sweet Potato (2)
- Salt (1 teaspoon)

**Directions**

1. Set oven to 420 degrees
2. Place sweet potato on baking tray lined with foil and bake for 40 minutes until soft
3. Once sweet potato is cooked, remove skin
4. Combine coconut cream, chicken broth, salt, sweet potato and pumpkin pie spice in blender and puree for 10 minutes.

5. Serve & Enjoy

## **Delicious Leek Soup**

*This soup will be filled with Vitamin A, B, C and K vitamins not only will it be filled but also nourishing to your body because it's packed with the vitamins from the leek.*

Makes 12 bowls

Preparation Time: 45 minutes

### **Ingredients**

- Coconut Milk (1 can)
- Beef Bone Broth (Cups, 3)
- Coconut Oil (2 tablespoons)
- Garlic (4 cloves, crushed)
- Small Onions (2, sliced)
- Ground Cumin (1 tablespoon)
- Leeks (3 large OR 4 medium, sliced)
- Bits of Bacon to Garnish
- Salt & Pepper to taste

### **Directions**

1. Sauté in saucepan, garlic in coconut oil until golden brown, then add sliced leeks and onions to the pan for 10 minutes.

2. Sprinkle the ground cumin in the pan and pour in bone broth, leave to simmer for 15 minutes.
3. Mix the coconut milk to the pan and add salt and pepper to taste; cook for 10 minutes over a low flame.
4. Remove the mixture and puree in blender OR use immersion blender to puree mixture.
5. Serve with bits of fried bacon.



## **Egg Teardrop Soup**

*Quick and easy to make egg teardrop soup, convenient for breakfast or  
lunch*

**Makes 1 bowl**

**Preparation Time: 10 minutes**

**Ingredients**

- Large Egg (1)
- Green Onion (1 tablespoon)
- Chicken Bone Broth (Cup, 1)
- Salt & Pepper to taste

**Directions**

1. Bring broth to a boil on high heat
2. Add green onions to the boiling broth
3. Crack egg and mix in the yolk of the egg a bit, with salt and pepper
4. Bring broth to a simmer and lightly pour and stir in the egg
5. After one minute turn stove off, grab your bowl and enjoy



## **French Onion Soup**

*This would be perfect for all the lovers of onion, with all the right spice and tang that onions bring to a dish, imagine the flavor it will bring to this soup.*

**Makes 3 bowls**

**Preparation Time: 10 hours**

**Ingredients**

- Beef Bone Broth (Cups, 4)
- Chicken Broth (Cups, 3)
- Water (Cups, 1)
- Dried Thyme (1 tablespoon)
- Coconut Oil (3 tablespoon)
- Large Sweet Onions (3, sliced)
- Salt (1 teaspoon)
- Black Pepper (1 teaspoon)

**Directions**

1. Place the sliced onions in a crock pot on high overnight so the onions could be nicely browned
2. Pour in beef and chicken broth, water and thyme and leave in crock pot for 10 hours

3. Serve & Enjoy

## Rich Radish Soup

*Ever felt for a late night snack, turn to this rich radish soup, its filling, low carb and gluten free. You won't feel guilty in the morning.*

**Makes 2 bowls**

**Preparation Time: 30 minutes**

### Ingredients

- Garlic (6 cloves, diced)
- Large Onion (1, sliced)
- Radishes (2 bunches, sliced in halves)
- Celery (2 stocks, chopped)
- Coconut Oil (4 tablespoon)
- Chicken Bone Broth (Cups, 6)
- Salt & Pepper to taste

### Directions

1. Stir fry garlic, onions and celery for 10 minutes in a soup pot
2. Pour in chicken stock and add radishes to pan
3. Let mixture simmer for 20 minutes

4. Sprinkle with salt and pepper to taste

5. Serve & Enjoy

## **Healthy Vegetable Soup**

*For a healthy rich warm meal, go for a serving of this vegetable soup*

**Makes 6 bowls**

**Preparation Time: 25 minutes**

### **Ingredients**

- Medium Potatoes (8, peeled and sliced)
- Medium Onions (5, sliced)
- Garlic (8 cloves, crushed)
- Chicken Bone Broth (Cups, 4)
- Coconut Oil (Cup, 1/2)
- Organic packaged vegetables (1 pound bags, 5)
- Salt (1 teaspoon)
- Black Pepper (1 teaspoon)

### **Directions**

1. Sauté onions and garlic in coconut oil or 8 minutes
2. Pour in chicken broth, packaged vegetables and potatoes; bring to a boil
3. Reduce heat and allow to simmer for 10 minutes

4. Remove the mixture and puree in blender OR use immersion blender to puree mixture

5. Sprinkle with salt and pepper

6. Serve & Enjoy

## **Thai Style Turkey Soup**

*If you're a lover of chicken noodle soup, this is the right go to meal for you with a difference*

**Makes 6 bowls**

**Preparation Time: 45 minutes**

### **Ingredients**

- Garlic (8 cloves, crushed)
- Onion (1, sliced)
- Celery Ribs (4, sliced)
- Carrots ( 4, peeled and sliced)
- Fresh Ginger (1 inch, grated)
- Coconut Milk (2 cans)
- Rice Wine Vinegar (Cup, 1/2)
- Soy Sauce (2 tablespoons)
- Turkey (2 Cups, shredded)
- Chicken Bone Broth (Cups, 8)
- Butter (2 tablespoons)

### **Directions**

1. Heat butter over medium heat in saucepan, add ginger, celery, carrots, onions and season with salt and pepper.

2. Stir fry for 7 minutes, then add chicken stock, coconut milk and turkey, put lid on and bring to a boil
3. Reduce the heat and let simmer for 30 minutes, add soy sauce and rice vinegar.
4. Season with Salt and Pepper. Serve & Enjoy

## **Coconut Curry & Lentil Soup**

*Tasty soup with a little island flavor. The coconut blends with the curry for an incredible creamy and filling meal*

**Makes 6 bowls**

**Preparation Time: 35 minutes**

### **Ingredients**

- Garlic (3 cloves, crushed)
- Tomato Paste (3 tablespoons)
- Large Onion (1, sliced)
- Large Carrots (2, sliced)
- Coconut Milk (Cup, 1)
- Butter (2 tablespoons)
- Curry Powder (2 teaspoons)
- Chicken Bone Broth (Cups, 3)
- Green Lentils (2 Cups, Sprouted and Steamed)

### **Directions**

1. Warm butter in saucepan over medium heat
2. Place carrots, garlic and onions and fry until onions are golden brown, then sprinkle curry powder in pan; cook for 5 minutes

3. Pour in chicken stock and bring to a boil for 20 minutes
4. Put lentils, tomato paste and coconut milk in pan and let the mixture simmer for 5 minutes
5. Remove the mixture and puree in blender OR use immersion blender to puree mixture
6. Sprinkle a little black pepper and serve



## **Potato Leek Soup with Bacon**

*It's hard to go wrong when your soup includes bacon, adds the right amount of salt and texture your soup should need*

**Makes 4 bowls**

**Preparation Time: 45 minutes**

### **Ingredients**

- Beef Bone Broth (Cups, 3)
- Medium Potatoes (2, sliced)
- Leek (1, diced)
- Onion (1, sliced)
- Garlic (3 cloves, crushed)
- Bacon (Cup, 1/2)

### **Directions**

1. Stir fry bacon in saucepan to get the juices/fat, add sliced onion and crushed garlic to the fat and stir until onions are caramelized; cook for 10 minutes.
2. Add leeks and cover saucepan for 10 minutes, remove lid and add potatoes and mix
3. Pour in chicken stock and bring to a boil for 20 minutes

4. Remove the mixture and puree in blender OR use immersion blender  
to puree mixture

5. Serve & Enjoy

## Creamy Black Bean Soup

*Includes all the fiber that you would need to complete your day, black bean soup*

**Makes 6 bowls**

**Preparation Time: 35 minutes**

### Ingredients

- Carrots (1 Cups, diced)
- Ground Cumin (4 teaspoons)
- Onions (1 Cup, diced)
- Garlic (1 clove, crushed)
- Chicken Bone Broth (Cups, 3)
- Black Beans (3 Cups, cooked)
- Butter (1 tablespoon)

### Directions

1. In a pot, melt butter over medium heat and add onions, garlic, carrots, cumin and cook for 7 minutes.
2. Pour in chicken and stock and black beans and bring to a boil for 20 minutes
3. Lower the heat and let it simmer until vegetables are soft

4. Remove the mixture and puree in blender OR use immersion blender to puree mixture

5. Sprinkle with black pepper and serve

## **Delicious Cabbage & Beef Soup**

*Add rich protein to your soup of choice, this choice was cabbage, packed with all the nutrients needed for weight loss.*

**Makes 6 bowls**

**Preparation Time: 40 minutes**

### **Ingredients**

- Onion (1, chopped)
- Paprika (1 teaspoon)
- Garlic (2 cloves, diced)
- Olive Oil (1 tablespoon)
- Carrots (2, sliced)
- Head of Cabbage (1, sliced)
- Celery Stalk (1, sliced)
- Beef Bone Broth (Cups, 3)
- Ground Beef (1 pound)
- Parsley (1 tablespoon)

### **Directions**

1. Bring beef broth to a boil and place carrots, cabbage, celery and paprika to the broth

2. Boil for 15 minutes, then allow to simmer
3. In a pan, stir fry in butter, the onion and garlic
4. Place beef in the pan and fry for 15 minutes until beef is cooked thoroughly
5. Add the beef mixture to the broth and stir
6. Serve & Enjoy



## **Butternut Squash Soup with Apple**

*Of course butternut squash is good on its own but imagine the extra sweet flavor you could get from the apple.*

**Makes 4 bowls**

**Preparation Time: 60 minutes**

### **Ingredients**

- Ground Allspice (1 teaspoon)
- Ground Ginger (1 teaspoon)
- Ground Nutmeg (1 teaspoon)
- Ground Cinnamon (2 teaspoons)
- Ground Cloves (1 teaspoon)
- Small Onion (1, sliced)
- Coconut Oil (2 tablespoons)
- Chicken Bone Broth (Cups, 4)
- Large Apple (1, chopped)
- Medium Butternut Squash (1, peeled, seeds removed, sliced)
- Salt & Pepper to taste

### **Directions**

1. Heat coconut oil over medium heat, cook onions, apples and butternut squash for 10 minutes

2. Add spices so stir for 10 minutes, then pour in broth and bring to a boil
3. Turn the heat down on the pan and allow to simmer for 30 minutes
4. Remove the mixture and puree in blender OR use immersion blender to puree mixture.
5. Sprinkle with salt and pepper and garnish with sage.

## **Enriched Chicken Noodle Soup**

*All gluten free soup, fun for the kids too*

**Makes 6 bowls**

**Preparation Time: 30 minutes**

### **Ingredients**

- Garlic (7 cloves, crushed)
- Chicken Bone (Cups, 4)
- Medium Carrots (6, sliced)
- Small Onions (5, sliced)
- Celery Stalks (5, sliced)
- Coconut Oil (2 tablespoons)
- Gluten free noodles (1 bag)
- Cayenne Pepper (1 tablespoon)
- Salt ( 1 teaspoon)
- Black Pepper (1 teaspoon)

### **Directions**

1. In a medium size pot, stir fry onions, carrots, celery, garlic and a little salt in coconut oil
2. Pour in chicken stock, chicken pieces and bring to a boil

3. Place noodles in the pot and cook for 10 minutes until noodles are soft

4. Leave to simmer for 10 minutes

5. Sprinkle with salt and pepper

6. Serve & Enjoy



# Thai Creamy Chicken Noodle Soup

*Get the best of both worlds with a little spicy, creamy cold winter touch  
with Thai, creamy, chicken noodle soup*

**Makes 6 bowls**

**Preparation Time: 50 minutes**

## Ingredients

- Coconut Cream (1 Can)
- Sugar (1 tablespoon)
- Fish Sauce (3 tablespoons)
- Ground Chicken (1 pound)
- Lemon Grass (3 teaspoons)
- Thai basil leaves (3 teaspoons)
- Chicken Bone Broth (Cups, 4)
- Softened Noodles (Cups, 2)
- Lime leaves (3 teaspoons)
- Jalapeno (1, cut)
- Carrots (4, sliced)
- Green Onions (4, diced)

## Directions

1. Add sugar, fish sauce, lemon grass, Thai basil leaves, lime leaves, jalapeno, carrots and green onion in a medium size pot

2. Pour in chicken stock and chicken, stir until chicken cooks for 30 minutes or until it starts to separate
3. Stir in coconut cream and leave to simmer for 15 minutes
4. Sprinkle salt and pepper and serve with noodles

## **Jalapeno Chicken Soup**

*Use fresh summer vegetables to create a colorful and tasty soup.*

**Makes 6 bowls**

**Preparation Time: 35 minutes**

### **Ingredients**

- Chicken Bone Broth (10 cups)
- Celery (1 cup, sliced thin)
- Carrots (1 cup, sliced thin)
- Sweet potato (1 ½ cups, cubed)
- Coconut oil (2 tablespoons)
- Jalapeno juice (2 tablespoons)
- Chicken (4 cups, cooked and chopped)
- Onion (1 cup, diced)
- Red pepper (1/2 cup, sliced thin)
- Coconut milk (14.5 oz.)
- Jalapenos (1/4 cup, without liquid)

### **Directions**

1. Heat coconut oil in a large soup pot. Add red pepper, onions, celery and jalapenos; cook for 5 minutes until onions are translucent.
2. Put in potatoes and carrots, stir to combine.
3. Add 5 cups broth and cook for 20 minutes until potato and carrots are tender.
4. Add leftover broth and chicken.

5. Put in coconut milk, stir gently and cook for 5 minutes.
6. Serve and enjoy!

# Chorizo Pumpkin Soup

*Use fresh summer vegetables to create a colorful and tasty soup.*

**Makes 4 bowls**

**Preparation Time: 35 minutes**

## Ingredients

- Olive oil (1 tablespoon)
- Garlic (4 cloves, diced)
- Mexican oregano (1 teaspoon, dried)
- Pumpkin puree (30 oz.)
- Ground chorizo (1/2 lb.)
- Onion (1, diced)
- Marjoram (1 teaspoon, dried)
- Cumin (1/2 teaspoon)
- Beef Bone Broth (3 cups)
- Salt (1 teaspoon)
- Black pepper (1/2 teaspoon)

## Directions

1. Heat olive oil in a large soup pot. Add red pepper, onions, celery and jalapenos; cook for 5 minutes until onions are translucent. Add spices and garlic and cook for 1 minute until fragrant.
2. Add broth and puree, mix together and heat until mixture boils; lower heat and cook for 20 minutes.

3. Heat skillet and cook chorizo for 5 minutes; put aside until needed.
4. Remove the pumpkin mixture and puree in blender OR use immersion blender to puree mixture.
5. Add most of chorizo and add pepper and salt to taste.
6. Serve topped with cilantro and leftover chorizo.

## **Mushroom and Crab Soup**

*This soup is similar to chowder without the added calories from the dairy. This is great for vegans and those who are lactose intolerant.*

**Makes 4 bowls**

**Preparation Time: 35 minutes**

**Ingredients**

- Crab meat (1 can) or 2 cups, fresh
- Mushrooms (1 cup, diced)
- Onion (1, chopped)
- Seafood broth (10 cups)
- Coconut oil (2 tablespoons)
- Celery (2 stalks, diced)
- Cauliflower (1 head)
- Creole seasoning (2 teaspoons)

**Directions**

1. Heat olive oil in a large soup pot. Add onions, celery and mushrooms; cook for 10 minutes until vegetables are soft.
2. Add broth along with cauliflower and cook for 10 minutes until cauliflower is soft.
3. Remove cooked cauliflower from pot along with a cup of broth and puree.
4. Return puree to pot along with creole seasoning and crab meat.
5. Lower heat and cook for an additional 10 minutes.
6. Serve and enjoy!



## **Chicken Fajita Soup**

*The goodness of a fajita easily made in soup form and the best thing it  
can be made in your slow cooker*

**Makes 2 bowls**

**Preparation Time: 8 hours**

### **Ingredients**

- Chicken broth (6 cups)
- Zucchini (1, cubed)
- Onion (1, diced)
- Chicken (2 cups, cubed)
- Lime juice (1 tablespoon)
- Canned tomatoes mixed with chilies (20 oz.)
- Chinese eggplant (1, cubed)
- Green beans (1 lb., cut up)
- Fajita mix (2 tablespoons)

### **Directions**

1. Place all ingredients into a crockpot.
2. Set crockpot to low and cook for 6-8 hours.
3. Taste and adjust seasonings.
4. Serve and enjoy

## **Lasagna Spinach Soup**

*The iron filled delight will be enjoyed by all who have a taste. The beef and spinach will certainly give you the iron boost you need.*

**Makes 8 bowls**

**Preparation Time: 35 minutes**

### **Ingredients**

- Ground beef (2 lbs., grass-fed)
- Garlic (8 cloves, diced)
- Beef bone broth (4 quarts)
- Pasta (16 oz., elbow)
- Parmesan cheese (1/2 cup)-optional
- Onions (3, chopped)
- Canned tomatoes (30 oz., diced)
- Italian seasoning (2 tablespoons)
- Spinach (1 lb., fresh)
- Coconut oil (2 teaspoons)
- Salt
- Black pepper

### **Directions**

1. Heat oil in a large heavy soup pot. Add beef and Italian seasoning, stir and cook for 10 minutes until browned.
2. Add onions and salt, stir and cook for 10 minutes.

3. Put in garlic and cook for 2 minutes; add tomatoes and broth and cook until soup starts to boil.
4. Add pasta and cook until pasta is al dente. Lower heat and add spinach; cook for 3 minutes then add parmesan and cook until cheese melts. Add pepper and salt to taste.
5. Serve and enjoy

## **Meatball and Cabbage Soup**

*This hearty, filling soup will help you start soup season just right.*

**Makes 4 bowls**

**Preparation Time: 50 minutes**

### **Ingredients**

- Egg (1, organic)
- Salt (1 teaspoon)
- Onion (1, chopped)
- Celery (2 stalks, chopped)
- Garlic (3 cloves, diced)
- Canned tomatoes (15 oz., diced)
- Italian seasoning (2 teaspoons)
- Ground beef/pork (1 lb.)
- All-purpose seasoning (1 teaspoon)
- Butter (1/2 cup)
- Carrots (2, chopped)
- Cabbage (1/2, sliced thin)
- Tomato paste (1 ½ tablespoons, organic)
- Beef bone broth (1 ½ quarts)
- Salt
- Black pepper

## **Directions**

1. Combine egg, 1 teaspoon salt, beef and all-purpose in a small bowl; use hands to form small meatballs.
2. Heat half of butter in a skillet and cook meatballs until browned all over and hold together.
3. Heat the other half of butter in a large soup pot. Add onion, celery, cabbage and carrot to pot and cook for 15 minutes, adding a few pinches of salt. Add tomato paste and garlic; mix together and cook for 1 minute.
4. Add broth, meatballs, tomatoes and Italian seasoning.
5. Lower heat and cook for 20 minutes.
6. Serve and enjoy.

## **Chicken Enchilada Soup**

*This soup combines flavors of a spicy enchilada into a bowl. It is hearty, creamy and great for a large crowd*

**Makes 20 bowls**

**Preparation Time: 30 minutes**

### **Ingredients**

- Oil (1/2 cup)
- Cumin (2 teaspoons)
- Granulated garlic (2 teaspoons)
- Masa Harina (2 cups)
- Tomatoes (2 cups, crushed)
- Cooked chicken (3 lbs., shredded)
- Onion (2 cups, diced)
- Chili powder (2 teaspoons)
- Cayenne pepper (1/2 teaspoon)
- Chicken bone broth (4 quarts)
- Monterey Jack (1/2 lb., cubed)

### **Directions**

1. Heat oil in a soup pot.
2. Add onions along with spices, stir to combine and cook for 5 minutes until soft.

3. Put masa harina in a bowl and add 1 quart broth; whisk together until smooth.
4. Add masa mixture to pot and cook for 3 minutes whisking frequently.
5. Add tomatoes and leftover broth; cook for 15 minutes and add cheese.
6. Cook for 3-5 minutes until cheese melts. Add chicken and thoroughly heat.
7. Serve and enjoy.

## **Beef Barley Soup**

*Fresh vegetables and tender beef in a warm broth can make any cold day  
feel like summer.*

**Makes 8 bowls**

**Preparation Time: 2 hours 15 minutes**

### **Ingredients**

- Butter (2 tablespoons)
- Carrots (2, chopped)
- Onion (1/2 chopped)
- Beef Bone Broth (7 cups)
- Thyme (4 sprigs, fresh)
- Bay leaf (1)
- Beef chuck roast (2 lbs., cubed)
- Salt
- Black pepper
- Celery (2 ribs chopped)
- Red potatoes (2, chopped)
- Rosemary (1 sprig)
- Barley (1/2 cup, pearled)

### **Directions**

1. Set oven to 250°F.

2. Use pepper and salt to season beef, put aside until needed.
3. Melt butter in a large soup pot and add onion, celery and carrots; sauté for 7 minutes until veggies are tender. Add potatoes and cook for an additional 2 minutes. Take vegetables from pot and put aside until needed.
4. Add beef to pot and cook meat for 5 minutes until browned all over; take from pot and put with vegetables.
5. Add 1 cup broth to soup pot, using spoon to scrape pot. Return vegetables and meat to pot. Put in thyme, rosemary, bay leaf and remaining broth. Heat soup until it starts to boil.
6. Cover pot and place into oven; cook for 2 hours.
7. Take from oven and discard thyme and rosemary.
8. Serve and enjoy.

## **Yellow Pepper Soup**

*Sometimes you are in the mood for soup even when it's not cold outside; this soup is perfect for any day. It can be chilled or be eaten warm.*

**Makes 12 bowls**

**Preparation Time: 30 minutes**

### **Ingredients**

- Yellow peppers (6, sweet, chopped)
- Potato (1, cut into quarters)
- Olive oil (1 tablespoon)
- Chicken bone broth (6 cups)
- Salt (1/2 teaspoon)
- Buttermilk (1 cup)
- Onion (1, chopped)
- Garlic (1 clove, diced)
- Butter (1 tablespoon)
- Bay leaf (1)
- Black pepper (1/4 teaspoon)

### **Directions**

1. Melt butter in a soup pot and add potato, onion and peppers; cook for 4 minutes or until onion is soft. Add garlic and cook for an additional 2 minutes.

2. Add broth, salt, pepper and bay leaf, stir to combine and heat until soup starts to boil. Lower heat and cook for 20 minutes.
3. Remove bay leaf and slightly cool soup.
7. Remove the mixture and puree in blender OR use immersion blender to puree mixture
4. Heat soup and serve OR chill and serve.

## **Hearty Wild Rice and Chicken Soup**

*You can save some time by preparing the rice and chicken the day before. This creamy dish is hearty and needs no accompaniment.*

**Makes 14 bowls**

**Preparation Time: 40 minutes**

### **Ingredients**

- Chicken bone broth (2 quarts)
- Celery (1 cup, diced)
- Onion (1/2 cup, diced)
- Parsley flakes (1 teaspoon, dried)
- Thyme (1/4 teaspoon)
- Flour (1/4 cup)
- White wine (1/2 cup, dry)
- Chicken (2 cups, cooked and cubed)
- Mushrooms (1/2 lb., chopped)
- Carrots (1 cup, shredded)
- Chicken bouillon (1 teaspoon)
- Garlic powder (1/4 teaspoon)
- Butter (1/4 cup, cubed)
- Condensed mushroom soup (10 oz.)
- Wild rice (3 cups, cooked)

## **Directions**

1. Add broth, celery, onion, parsley, thyme, mushrooms, carrots, bouillon and garlic powder to a large sauce pan; cook for 30 minutes over a low flame.
2. Melt butter in a large soup pot and whisk in flour until mixture is smooth. Transfer soup to pot and stir until combined. Heat for 5 minutes or until soup is thick.
3. Add wine, chicken and rice; mix together and heat thoroughly.
4. Serve and enjoy.

## **Spicy Chicken Salsa Soup**

*This quick soup can be whipped up in less than 40 minutes. You can use your favorite salsa and make it as spicy or as mild as you please.*

**Makes 6 bowls**

**Preparation Time: 30 minutes**

### **Ingredients**

- Chicken bone broth (1 quart)
- Chili powder (2 teaspoons)
- Salsa (1 cup)
- Chicken (1 lb., cubed)
- Frozen corn (1 cup)
- Pepper Jack (shredded)

### **Directions**

1. Add chili powder and broth to a soup pot and heat thoroughly.
2. Lower heat and cook for 5 minutes; put in corn and cook for an additional 10 minutes.
3. Add chicken to pot, stir and cook for 10 minutes or until chicken is thoroughly cooked.
4. Add salsa and cook for 5 minutes or until thoroughly heated.
5. Serve topped with cheese.

## **Hamburger Soup**

*This is great for those who take their lunches with them. Add some cheese on top or add other toppings to dress up your 'burger' any way you like.*

**Makes 8 bowls**

**Preparation Time: 40 minutes**

### **Ingredients**

- Ground beef (1 ½ lbs.)
- Canned tomatoes (28 oz. with liquid)
- Celery (4 stalks, chopped)
- Barley (1/2 cup, quick cook)
- Salt (1/2 teaspoon)
- Parsley (1/4 cup, chopped)
- Onion (1, chopped)
- Beef Bone broth (6 cups)
- Carrots (4, sliced thin)
- Thyme (1 teaspoon, dried)
- Black pepper (1/4 teaspoon)
- Coconut oil (1 teaspoon)

### **Directions**

1. Heat oil in a large soup pot and onion and beef; cook for 10 minutes until meat is browned.

2. Add broth and tomatoes, heat until mixture starts to boil then add carrots, thyme, black pepper, celery, barley and salt.
3. Lower heat, cover and cook for 10 minutes.
4. Take from heat, add parsley, stir and put aside for 5 minutes.
5. Serve and enjoy.

## **Sausage Kale and Potato Soup**

*Pairing superfood bone broth with powerhouse kale makes for a meal  
your body will surely thank you for.*

**Makes 7 bowls**

**Preparation Time: 35 minutes**

### **Ingredients**

- Onion (3/4 cup, chopped)
- Garlic (2 cloves, diced)
- Potatoes (2, peel removed and cubed)
- Black pepper (1/4 teaspoon)
- Cannellini beans (15 oz., drained)
- Olive oil (1 tablespoon)
- Beef Bone Broth (4 cups)
- Salt (1/4 teaspoon)
- Kale (1 bunch, chopped)
- Turkey kielbasa (1/2 lb., sliced)

### **Directions**

1. Heat oil in a soup pot, add onion and sauté for 3 minutes until tender; add garlic and cook for 2 minutes.
2. Add broth, black pepper, potatoes and salt, mix together and heat until soup starts to boil. Lower heat, cover pot and cook for 15 minutes.

3. Use a masher to slightly mash potatoes then add sausage, beans and kale. Cook for 3 minutes until kale is soft but not mushy.
4. Serve and enjoy.

## Thai Shrimp Soup

*Try out your seafood broth in this spicy, flavorful Thai soup. This soup embodies tropical freshness and your palate will be basking in its flavors.*

**Makes 8 bowls**

**Preparation Time: 40 minutes**

### Ingredients

- Onion (3/4 cup, chopped)
- Seafood broth (4 cups)
- Brown sugar (1 tablespoon)
- Fish sauce (1 tablespoon)
- Lemongrass (1 stalk)
- Edamame (1 ½ cups, shell removed, frozen)
- Baby corn (9 oz., whole, drained)
- Basil (1/4 cup, chopped)
- Lime juice (2 tablespoons, freshly squeezed)
- Curry powder (1 teaspoon)
- Olive oil (1 tablespoon)
- Ginger (1 tablespoon, fresh, diced)
- Red curry paste (1 tablespoon)
- Shrimp (1 lb., raw-ready to cook)
- Coconut milk (14 oz., light)

- Bamboo shoots (1/2 cup)
- Cilantro (1/4 cup, chopped)
- Lime zest (1 teaspoon)

### **Directions**

1. Heat oil in a soup pot and cook onion for 3 minutes until softened.
2. Add broth, sugar, fish sauce, lemongrass, ginger and curry paste, heat until mixture starts to boil then lower heat.
3. Add edamame and shrimp and gently stir and cook for 6 minutes or until shrimp is pink.
4. Add remaining ingredients and mix together; thoroughly heat for 25 minutes and remove lemongrass.
5. Serve and enjoy.

## **Vibrant Creole Soup**

*If you love your soup to be bursting with spices then this creole soup will rock your world. The seasonings meld together to create a vibrant burst of flavors that you are guaranteed to enjoy.*

**Makes 18 bowls**

**Preparation Time: 50 minutes**

### **Ingredients**

- Onion (3/4 cup, chopped)
- Canned tomatoes (28 oz., with liquid)
- Potatoes (3 cups, cubed)
- Condensed tomato soup (11 oz.)
- Carrots (1 cup, sliced)
- Frozen peas (1 cup)
- Bouillon (3, chicken cubes)
- Cajun seasoning (1 teaspoon)
- Italian seasoning (1 teaspoon)
- Creole seasoning (1 teaspoon)
- Chili powder (1 teaspoon)
- Red pepper flakes (1 teaspoon)
- Black pepper (1 teaspoon)
- Ground beef (1 lb.)

- Beef Bone Broth (8 cups)
- Cabbage (3 cups, shredded)
- Pork and beans (15 oz.)
- Mushrooms (1 cup, sliced)
- Green pepper (1 cup, chopped)
- Celery (3 stalks, diced)
- Parsley flakes (2 tablespoons)
- Bay leaf (1)
- Coconut oil (1 teaspoon)

#### **Directions**

1. Heat oil in a soup pot and cook onion for 3 minutes until softened.
2. Add beef and cook for 10 minutes until browned.
3. Add all remaining ingredients and heat until soup starts to boil.  
Lower heat and cook for 25 minutes; take bay leaf from pot.
4. Serve and enjoy.

## **Tex-Mex Chicken Soup**

*Who doesn't love Tex-Mex? The bold flavors from this soup are guaranteed to not only tantalize your taste buds but fill you up too.*

**Makes 4 bowls**

**Preparation Time: 55 minutes**

### **Ingredients**

- Onion (1/2 cup, chopped)
- Garlic (2 cloves, diced)
- Chicken (3 cups, cooked and cubed)
- Canned tomatoes (14 oz., with liquid)
- Tomato sauce (8 oz.)
- Cumin (2 teaspoons)
- Black pepper (3/4 teaspoon)
- Coconut oil (1 tablespoon)
- Chicken broth (4 cups)
- Zucchini (3, sliced)
- Kernel corn (11 oz., whole, drained)
- Salsa (1/2 cup)
- Salt (1/2 teaspoon)
- Oregano (1/2 teaspoon)
- Tortilla chips

- Cheddar cheese (shredded)

### **Directions**

1. Heat oil in a soup pot and cook onion for 5 minutes until softened; add garlic and sauté for 2 minutes.
2. Add all remaining ingredients except chips and cheese. Stir and lower heat, cover pot and cook for 30 minutes.
3. Serve topped with cheese and tortillas.

## **Bacon and Beef Bourguignon**

*Bacon makes everything better and it certainly adds an interesting element to this beef stew.*

**Makes 4 bowls**

**Preparation Time: 1hour 20 minutes**

### **Ingredients**

- Stew beef meat (2 lbs.)
- Green beans (1/2 lb.)
- Beef bone broth (12 cups)
- Cumin (3 tablespoons)
- Turmeric (1 tablespoon)
- Ginger (1 teaspoon, grated)
- Red wine (1 cup)
- Carrots (6, peeled and chopped)
- Bacon (1/2 lb., thick, cooked and chopped)
- Gelatin (3 tablespoon, unflavored)
- Onion (1, chopped)
- Garlic (3 cloves, diced)
- Black pepper

### **Directions**

1. Add broth to a large pot along with green beans, carrots and beef; cook for 10 minutes over a medium flame until mixture comes to a boil.
2. Add garlic, cumin, turmeric, ginger, onion and black pepper, stir to combine, cover pot and cook for 60 minutes.
3. Check if vegetables are tender and add wine and bacon; mix together and cook for an additional 10 minutes.
4. Serve warm.

## **Lamb and Smoky Beef Stew**

*If you like a meat, hearty stew then this lamb and beef stew will satisfy all those needs. Adding lamb to the beef makes for a mouthwatering blend of flavors.*

**Serves: 3**

**Preparation Time: 1hour**

### **Ingredients**

- Butter (1 tablespoon)
- Ground beef (1/2 lb.)
- Onion (1, chopped)
- Tomatoes (1 cup, chopped)
- Beef bone broth (3 tablespoons)
- Lamb sausages (2, Italian)
- Garlic (2 cloves, diced)
- Smoky flavored seasoning (1 tablespoon)
- Cider vinegar (1 teaspoon)
- Salt

### **Directions**

1. Melt butter in a deep skillet; add sausage and cook for 10 minutes until golden all over. Remove from pot and put aside until needed.
2. Add garlic and onion to pot and cook for 3 minutes then add beef and cook for 8 minutes, using spoon to break up meat.

3. Slice sausages and add to beef, mix together and add seasoning and salt to taste.
4. Add vinegar, broth and tomatoes, stir gently and cook over a low flame for 40 minutes or until meat is thoroughly cooked.
5. Serve warm.

## Curried Beef

*Spicy curry and creamy coconut milk bring immense flavor to beef in this dish. Pair with mashed potatoes or steamed rice for a most fulfilling meal.*

**Serves: 3**

**Preparation Time: 1hour**

### Ingredients

- Coconut oil (4 tablespoons)
- Bell pepper (2, seeds removed and chopped)
- Carrots (3, chopped)
- Coconut milk (26 oz.)
- Ginger (1 tablespoon, grated)
- Lemon grass (1 tablespoon)
- Red chili flakes (1 tablespoon)
- Beef sirloin (2 ½ lbs., cubed)
- Onion (2 cups, chopped)
- Zucchini (2, chopped)
- Red curry paste (4 tablespoons)
- Chicken bone broth (1 cup)
- Garam masala (1 tablespoon)
- Fish sauce (2 tablespoons)
- Salt

## **Directions**

1. Heat oil in a large heavy bottomed pot and cook meat for 10 minutes or until browned all over.
2. Take meat from oil and put aside until needed. Add vegetables to pot and sauté for 10 minutes, stir to avoid sticking and add beef to pot again.
3. Add bone broth, seasonings and coconut milk, mix together and cover pot.
4. Lower flame and cook for 60 minutes.
5. Serve warm.

## **Chipotle and Andouille Sausage Chili**

*Spicy chipotle and andouille are complimented with the sweet flavors of squash. This can be made as thick as you desire.*

**Serves: 4**

**Preparation Time: 1hour 10 minutes**

### **Ingredients**

- Olive oil (2 tablespoons)
- Bell pepper (1, chopped)
- Garlic (3 cloves, diced)
- Cumin (1 teaspoon)
- Canned tomatoes (14.5 oz., diced)
- Chipotle in adobo sauce (1, chopped)
- Bay leaf (1)
- Andouille sausages (3, without casing)
- Butternut squash (1, peel removed and diced)
- Red onion (1, diced)
- Chili powder (1 tablespoon)
- Salt (1/2 teaspoon)
- Chicken bone broth (2 cups)
- Adobo sauce (1 tablespoon)
- Cilantro

- Avocado (peel removed and sliced)

### **Directions**

1. Heat oil in a large heavy bottomed pot and cook sausage for 10 minutes until browned, use spoon to break up and add garlic and onion.
2. Cook for 2 minutes then add bell pepper and squash and cook for an additional 4 minutes.
3. Add salt, cumin and chili powder, mix together and add adobo sauce, chipotle, chicken broth, tomatoes and bay leaf.
4. Cover pot and cook for 55 minutes or until squash gets soft, occasionally stirring.
5. Serve warm topped with avocado and cilantro.

## **Liver and Raspberry Chili**

*You are probably looking at the recipe with much question; however strangely the combo of berries and liver mend perfectly together. The liver and raspberry cook slowly to create a meaty, savory yet sweet chili that is to die for.*

**Serves: 8**

**Preparation Time: 8 hours 10 minutes**

### **Ingredients**

- Ground liver (1 lb.)
- Tomato paste (12 oz.)
- Bell peppers (2 orange, chopped)
- Italian squash (2, diced)
- Paprika (2 tablespoons)
- Cumin (1 tablespoon)
- Black pepper (1 teaspoon)
- Cayenne pepper (1 teaspoon)
- Ground beef (3 lbs.)
- Canned tomatoes (32 oz., diced)
- Raspberries (1 lb.)
- Chili peppers (2, seeds removed and chopped)
- Garlic (3 cloves, diced)
- Oregano (1 tablespoon, dried)

- Basil (1 tablespoon, dried)
- Chili powder (1/4 teaspoon)
- Salt to taste

### **Directions**

1. Add all ingredients to a slow cooker and mix together.
2. Set on low and cook for 6-8 hours. Stir halfway through cooking time if possible and add salt if desired.
3. Serve warm.

## **Shrimp Chowder**

*This creamy chowder is filled with plump shrimp and dumplings that will impress anyone who has a taste.*

**Serves: 4**

**Preparation Time: 1 hour 10 minutes**

### **Ingredients**

*For chowder:*

- Bacon (4 slices, chopped)
- Fennel (1, core removed and chopped)
- Flour (5 tablespoons)
- Heavy cream (2/3 cup)
- Dill (1 tablespoon, chopped)
- Black pepper
- Scallions (6, chopped)
- Garlic (4 cloves, chopped)
- Chicken bone broth (1  $\frac{3}{4}$  cups)
- Corn kernels (1  $\frac{1}{4}$  cup, thawed)
- Salt
- Shrimp (1 lb., chopped)

*For Biscuits:*

- Baking powder (1 teaspoon)

- Parsley (2 tablespoons, chopped)
- Scallion (1, chopped)
- Buttermilk (1/2 cup)
- Flour (1 ¼ cup, self-rising)
- Dill (1 tablespoon, chopped)
- Butter (1/4 cup, unsalted, cold)

### **Directions**

1. Set oven to 425°F and grease baking dish.
2. Heat an ovenproof skillet and cook bacon for 6 minutes until crisp.  
Take from pot and put aside until needed.
3. Add garlic, fennel and scallions to skillet and sauté for 4 minutes.  
Add flour and whisk for 1 minute then add broth and whisk to combine.
4. Cook for 6 minutes until sauce starts to get thick, stirring from time to time. Add dill, corn and bacon and stir to combine; add pepper and salt to taste
5. Take pot from heat and add shrimp. Put skillet aside and prepare dumplings.
6. Mix together scallion, dill, parsley, baking powder and flour in a bowl. Add slices of butter and combine with a fork until mixture is crumbly. Add buttermilk and mix together until mixture is thoroughly combined.
7. Use a spoon to drop dumplings into skillet and bake for 26 minutes.

8. Cool for 10 minutes and serve.

## **Baked Leek and Ham Gnocchi**

*This gnocchi can be paired perfectly with roast chicken and it is ready in less than 60 minutes. Take a break from those mashed potatoes and try this at dinner time.*

**Serves: 4**

**Preparation Time: 55 minutes**

### **Ingredients**

- Gnocchi (16 oz.)
- Ham (1/2 cup, diced)
- Flour (3 tablespoons)
- Black pepper
- Butter (2 tablespoons, melted)
- Fontina cheese (1 ½ cups, shredded)
- Whole milk (1 cup)
- Chicken bone broth (1/4 cup)
- Garlic (1 clove, chopped)
- Bread (2 slices, broken into smaller pieces)
- Leek (1, sliced and separated)

### **Directions**

1. Set oven to 350°F and use cooking spray to coat ramekins or a baking dish.

2. Add ham, cheese and gnocchi to a bowl and mix together then add to ramekins/baking dish.
3. Add broth, milk, black pepper, flour and garlic in a bowl, whisk to combine until thoroughly combined then pour over gnocchi in baking dish.
4. Combine butter and bread in a bowl, add leeks and put into baking dish.
5. Bake for 30-36 minutes until golden.
6. Cool for 5 minutes and serve.

## **Chicken, Barley and Green Bean Casserole**

*This dish will remind you of something your grandma would whip up. It will certainly be very comforting with this creamy chicken, cheesy crackers and tender green beans.*

**Serves: 6**

**Preparation Time: 1 hour 20 minutes**

### **Ingredients**

- Butter (4 tablespoons, unsalted)
- Garlic (2 cloves, chopped)
- White wine (1/3 cup, dry)
- Cream cheese (4 oz., low fat, cut up)
- Salt
- Rotisserie chicken (2 cups, shredded)
- Green beans (8 oz., chopped)
- Cheese crackers (1 cup, crumbled)
- Sweet onion (1/2, chopped)
- Flour (3 tablespoons)
- Chicken bone broth (1 ½ cups)
- Parmesan (1/4 cup, grated)
- Black pepper
- Pearl barley (3 cups, cooked)

- Parsley (1/4 cup, chopped)

### **Directions**

1. Set oven to 425°F and grease a baking dish.
2. Heat saucepan and melt 3 tablespoons of butter then add garlic and onion, cook for 10 minutes until is golden. Add flour and whisk to combine then whisk in broth and wine.
3. Heat mixture over a low flame until it starts to boil; cook for 6 minutes until it gets thick.
4. Add cream cheese a little at a time, whisking to combine then add Parmesan and combine.
5. Add black pepper, salt, chicken, green beans, parsley and barley; mix together and add to coated baking dish.
6. Place crackers and leftover butter in a microwavable dish, heat until butter melts then combine. Sprinkle on top of casserole and bake for 30 minutes.
7. Cool and serve.



## **Chicken and Sour Cream Chicken Enchilada**

*Creamy chicken enchiladas topped with a sour cream sauce-yum!*

**Serves: 8**

**Preparation Time: 1 hour 30 minutes**

### **Ingredients**

- Chicken breasts (3 lbs., boneless and skinless)
- Olive oil (4 tablespoons)
- Serrano chilies (2, chopped)
- Flour (2 tablespoons)
- Sour cream (2 cups)
- Cumin (1 teaspoon)
- Tomatillos (16 oz.)
- Monterey Jack cheese (10 oz.)
- Salt
- Butter (2 tablespoons, unsalted)
- Garlic (2 cloves, diced)
- Chicken bone broth (2 cups)
- Cilantro (1 cup, chopped)
- Cayenne pepper
- Corn tortillas (24)
- Onion (1, chopped)

## Directions

1. Set oven to 350°F.
2. Use pepper and salt to season chicken and coat with half of oil. Place into a cast iron and bake for 30 minutes. Cool, shred and put aside until needed.
3. Melt butter in a large pot and sauté chilies for 4 minutes until soft. Add garlic and cook for a minute then whisk in flour and broth. Cook for 6 minutes, continuously whisking until sauce thickens.
4. Add cayenne, cumin,  $\frac{1}{4}$  cup cilantro and sour cream, mix together and transfer to blender. Add the tomatillos and blend until mixture is pureed.
5. Use leftover butter to grease 2 baking dishes and add a cup of puree to each.
6. Heat 1  $\frac{1}{2}$  teaspoons of oil in a skillet and cook tortillas for 1 minute on each side, add more oil if needed.
7. Add chicken on tortilla then top with 1 teaspoon onion and a tablespoon cheese; roll and place into baking dish.
8. Top with leftover puree mixture and cheese; bake for 25 minutes until golden.
9. Serve.

## **Shepherd's Pie**

*A shepherd's pie is a great way to make comfort food and is one of the simplest ways to create a full meal in one dish.*

**Serves: 8**

**Preparation Time: 50 minutes**

### **Ingredients**

- Carrots (3, chopped)
- Ground turkey (1 lb.)
- Frozen peas (1 cup)
- Black pepper
- Potatoes (3 cups, mashed)
- Olive oil (2 tablespoons)
- Pearl onions (1 cup, frozen)
- Flour ( 1 tablespoon)
- Rosemary (2 ½ teaspoons, chopped)
- Chicken bone broth (3/4 cup)

### **Directions**

1. Set oven to 400°F and grease a baking dish.
2. Heat oil in a large pot and sauté onion and carrots for 5 minutes until tender.
3. Add turkey and cook for 6 minutes, using spoon to break apart then add flour and cook for 3 minutes.

4. Add rosemary and peas, mix together and add broth, pepper and salt; cook for 5 minutes until mixture gets thick.
5. Add mixture to a baking dish and top with mashed potatoes.
6. Bake for 25 minutes until golden and thoroughly heated.
7. Serve warm.

## **Sourdough Stuffing with Cranberries and Sweet Potatoes**

*The best thing about the holidays is usually the stuffing; you can save this little gem up for a special dinner or the holidays or make it just because.*

*You won't regret it.*

**Serves: 10**

**Preparation Time: 1 hour 15 minutes**

### **Ingredients**

- Butter (1/4 cup)
- Sweet potatoes (1 lb., peeled)
- Cranberries (1 cup, dried)
- Salt (1 teaspoon)
- Sourdough bread (8 cups)
- Vidalia onion (1, sliced)
- Maple syrup (2 tablespoons)
- Sage (2 tablespoons, chopped)
- Black pepper (1 ½ teaspoons)
- Chicken bone broth (1 ¾ cup)

### **Directions**

1. Set oven to 350°F and grease a baking dish with butter.
2. Melt 3 tablespoons butter in a Dutch oven and sauté onion for 4 minutes until tender.

3. Lower heat and add potatoes, cook for 20 minutes until golden then add cranberries, 2 tablespoons water and maple syrup. Cook for 3 additional minutes then add black pepper, sage and salt.
4. Take from heat and add broth and bread, toss to combine and add to greased baking dish; top with leftover butter.
5. Bake for 30-40 minutes until thoroughly heated.
6. Serve.

## **Raisin Cashew Rice Pilaf**

*This pilaf is low fat and goes great with pork or chicken. The nutty cashews add texture to the meal.*

**Serves: 12**

**Preparation Time: 45 minutes**

### **Ingredients**

- Margarine (1/4 cup)
- Onion (1, chopped)
- Golden raisins (1 cup)
- Wild rice (3/4 cup, uncooked)
- Pimento peppers (4 oz., diced)
- Salt (1 teaspoon)
- White rice (1 1/2 cups, long grain, uncooked)
- Carrots (1 cup, chopped)
- Chicken bone broth (4 1/2 cups)
- Green peas (2 cups, frozen)
- Cashews (1 cup)
- Black pepper

### **Directions**

1. Heat saucepan and melt butter, add white rice, carrots, raisins and onion and sauté for 5 minutes.

2. Add 3 cups of bone broth and cook until the mixture comes to a boil, lower heat, cover pan and cook for 25 minutes.
3. Add leftover broth to a saucepan and add wild rice, cover and cook for 45 minutes. Drain and put aside until needed.
4. Combine the two rice mixtures together, add cashews and pimentos and cook until thoroughly heated.
5. Serve.

## **Cheesy Rice**

*Add your favorite veggies to rice along with Monterey Jack cheese for a spiced, cheesy delight.*

**Serves: 6**

**Preparation Time: 50 minutes**

### **Ingredients**

- Butter (1/4 cup)
- Onion (1/4 cup, chopped)
- Canned green chilies (4oz., drained)
- Monterey Jack cheese (1 cup)
- Pimiento peppers (2 oz., diced)
- Long grain rice (1 cup, uncooked)
- Chicken bone broth (2 ½ cups)
- Chicken bouillon (1 tablespoon)
- Olives (1/4 cup, ripe, sliced)
- Parsley (2 tablespoons, chopped)

### **Directions**

1. Heat saucepan and melt butter, add onion and rice and cook for 10 minutes until rice is golden.
2. Add bone broth, bouillon and chilies, mix together and heat until rice starts to boil.
3. Lower heat, cover pot and cook for 30 minutes.

4. Add cheese, parsley, olives and pimiento to pot and stir to combine.

5. Serve.

## **Lemon Glazed Loaf**

*You can add broth even to things you would not seem least likely to. The broth adds nutrients to this tasty loaf without interfering with the other flavors.*

**Serves: 6**

**Preparation Time: 60 minutes**

### **Ingredients**

*For Loaf:*

- Coconut oil (1/4 cup, melted)
- Lemon juice (1/4 cup, freshly squeezed)
- Honey (1/3 cup)
- Baking soda (1 teaspoon)
- Eggs (6)
- Lemon zest (1 tablespoon)
- Beef bone broth (3/4 cup)
- Coconut flour (2/3 cup)
- Salt

*For glaze:*

- Honey (2 tablespoon)
- Juice and zest from one lemon
- Butter (2 tablespoons)

- Vanilla (1/2 teaspoon)
- Coconut milk (2 tablespoons)

### **Directions**

1. Set oven to 350°F.
2. Put all ingredients for loaf into a mixing bowl and mix together until thoroughly combine. Do not overmix.
3. Use cooking spray to coat a loaf pan and add batter to pan.
4. Bake for 40 minutes or more until done.
5. While bread cools, prepare glaze by adding all ingredients to a saucepan over a low flame.
6. Take from heat, cool and refrigerate until mixture gets firm.
7. Use glaze to coat top of loaf and refrigerate loaf for an hour.
8. Serve.

## Thank You

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