

# BONE BROTH RECIPES

*For weight loss*



**dr. kellyann**

# HEALTH BENEFITS OF BONE BROTH

*Bone broth contains a number of benefits. It is rich in collagen, beautifies your skin, detoxifies your body, helps your digestive system, heals your gut, aids in digestion, heals your joints, helps reduce inflammation, relieve anxiety, and can aid in weight loss!*

- **Comes packed with collagen.** Collagen helps your body burn fat and form lean muscle mass, shaping your arms, legs, and core.
- **Bone broth beautifies your skin.** Bone broth is loaded with the building blocks of collagen, the structural protein that makes your skin strong and smooth. Bone broth is also rich in hyaluronic acid, an ingredient of many high-end wrinkle creams. As a result, it erases wrinkles and takes years off your face.
- **Detoxifies your body.** The amino acids glycine and proline aid your liver in removing toxins from your body. In addition, glycine is a building block of glutathione, one of the body's most powerful detoxifying agents.
- **Helps your digestive system** by battling problems like —constipation, diarrhea, and gas. The gelatin and other nutrients in bone broth help to heal the gut, curing digestive problems and facilitate weight loss.
- **Bone broth heals your gut**—the key to fast weight loss and a healthier immune system. These days, we know that weight gain and many age-related diseases start with chronic inflammation—and this inflammation starts in your gut. More specifically, it starts in your gut's microbiome, an ecosystem containing trillions of "gut bugs" that play a crucial role in everything from your metabolism to your immune function.
- **Supplies you with easy to absorb essential minerals.** Including calcium, magnesium, and phosphorus.
- **Aids digestion.** Bone broth is hydrophilic—it attracts and holds liquids like digestive juices, helping you digest food more efficiently.
- **Heals your joints.** Bone broth gives you a generous supply of glucosamine, chondroitin, and other glycosaminoglycans (GAGs) that help heal your joints. GAGs also help your body lay down needed collagen. In addition, hyaluronic acid helps to lubricate your joints, keeping them healthy and pain-free.
- **Is anti-inflammatory.** When you heal that inflammation with nutrients like those concentrated in bone broth—including anti-inflammatory proline, glycine, and arginine—your weight starts to fall off.
- **Bone broth helps relieve anxiety and helps you sleep better.** The glycine in bone broth can lower anxiety by countering the effects of norepinephrine. In addition, bone broth is an excellent source of magnesium, which has powerful calming effects.
- **Fills you up without adding pounds.** Bone broth and bone-broth soups are rich, complex, hearty, and soul-satisfying. Bone broth comes loaded with amino acids and minerals like magnesium and phosphorus, as well as healthy fatty acids and iron from the bone marrow, it feeds your body deep nutrition that keeps hunger at bay for hours. It's nearly carb-free, and has only a few calories.

# BONE BROTH COOK TIME

*A longer cook time extracts more minerals and nutrients from the bones. A shorter cook time can make you more successful with getting the collagen-rich gel that helps heal and seal your gut.*

	Beef	Chicken	Turkey	Duck	Pork	Fish
Stove Top	12-48 hours	8-12 hours	10-12 hours	6-8 hours	9-24 hours	50 minutes
Crock Pot	12-48 hours	8-12 hours	10-12 hours	6-8 hours	9-24 hours	50 minutes
Instant Pot	Pressure cook for 120 minutes (Natural release)	Pressure cook for 90 minutes (Natural release)	Pressure cook for 15 minutes (Natural release)			

## BONE BROTH STORAGE

The broth will keep for 5 days in the refrigerator and 3 or more months in your freezer. Store in glass containers like mason jars, or in BPA-free reusable plastic containers.

## WHICH BONES ARE BEST TO USE

To create the healthiest broth, you have to begin with the healthiest ingredients. Bones from organic, pastured, and grass-fed animals is the best choice. These bones are more nutrient-dense, and they come from healthier animals raised in an environment with as few toxins as possible. If you cannot afford this then get the highest quality bone you can afford.

You can use the bones from just about any quality meat you like. Great choices include: beef, bison, chicken, duck, goose, lamb, pork, turkey, and venison. Select bones with a lot of cartilage, because the collagen in that cartilage breaks down into gelatin. When following the recipes in this booklet, you may add more cartilage-rich bones as needed.

**Here are some tips for selecting the best types of bones:**

- The best beef bones to use are knuckles, joints, feet, and marrow bones.
- A calf's or beef's foot is rich in cartilage.
- Neck bones are good.
- A cartilage rich pig's foot can be added to any broth recipe without affecting the flavor.
- Meaty bones like oxtail, shank, and short ribs add a lot of flavor to bone broth.
- Use the full chicken or turkey carcass, necks, backs, and feet
- Chicken feet are the best source of gelatin.
- Add extra wings and thighs to chicken or turkey bone broth.

# BONE BROTH RECIPES

## Chicken Bone Broth

**Prep:** 15 min • **Cook:** 10-12 hrs • **Yield:** 1 gallon

### Ingredients:

- 2 or more pounds raw\* chicken bones/carcasses (from about 3 or 4 chickens)\*
- One whole chicken and additional wings or thighs, optional\*
- Enough purified water to just cover the bones when they are in the pot
- ¼ to ½ cup apple cider vinegar, depending on the size of the pot
- 2 to 4 carrots, scrubbed and roughly chopped
- 3 to 4 stalks organic celery, including leafy part, roughly chopped
- 1 medium onion, cut into large chunks
- 1 tomato, cut into wedges (optional)
- 1 or 2 whole cloves
- 2 teaspoons peppercorns
- 1 bunch parsley, add in the last hour

### Directions:

- Place all the bones in a slow cooker or large stockpot. Add the vinegar and enough purified water to cover everything by 1 inch.
- On medium heat, bring the water to a simmer. Use a shallow spoon to carefully skim the film off the top of the broth. Add all the vegetables (except parsley) and spices and reduce the heat to low. You want the broth to barely simmer. Skim occasionally over the first 2 hours, and be sure the bones are always covered with water. You will have to add water during the cooking process. Cook for at least 10 hours, or up to 12.
- When the broth is done, turn off the cooker or remove the pot from the heat. Using tongs and/or a large slotted spoon remove all the bones and the meat. Save the chicken for use in the broth or for another recipe. Pour the broth through a fine mesh strainer and discard the solids.
- Let cool on the counter before refrigerating.



# BONE BROTH RECIPES

## Simple Beef Bone Broth

**Prep time:** 10 min • **Cook time:** 10 hr •

**Yield:** 12 servings

### Ingredients:

- 2 unpeeled carrots, scrubbed and roughly chopped
- 2 stalks celery, including leafy part, roughly chopped
- 1 medium onion, roughly chopped
- 7 cloves garlic, peeled and smashed
- 3½ pounds grass-fed beef bones (preferably joints and knuckles)
- 2 dried bay leaves
- 2 teaspoons kosher salt
- 2 tablespoons apple cider vinegar

### Directions:

- Place all the vegetables and the garlic, bones and bay leaves into a slow cooker. Sprinkle on the salt, drizzle with vinegar, and add enough water to cover everything by 1 inch (about 13 cups).
- Cook for 12 to 48 hours on low.
- Use a shallow spoon to carefully skim the film off the top of the broth. Pour the broth through a fine strainer.



## Turkey Bone Broth

**Prep:** 15 min • **Cook:** 10 to 12 hrs • **Yield:** 1 gallon

### Ingredients:

- Turkey carcass (use the bones from a turkey dinner)
- Enough purified water to just cover the bones in the pot; the pot should be big enough to add 2 to 3 quarts water
- 2 to 4 carrots, scrubbed and roughly chopped
- 3 to 4 stalks organic celery, including leafy part, roughly chopped
- 1 medium onion, cut into large chunks

### Directions:

- Place all the bones in a slow cooker or large stockpot. Add the vinegar and enough purified water to cover everything by 1 inch.
- On medium heat, bring the water to a simmer. Use a shallow spoon to carefully skim the film off the top of the broth. Add all the vegetables (except parsley) and spices and reduce the heat to low. You want the broth to barely simmer. Skim occasionally over the first 2 hours, and be sure the bones are always covered with water. You will have to add water during the cooking process. Cook for at least 10 hours, or up to 12.
- When the broth is done, turn off the cooker or remove the pot from the heat. Using tongs and/or a large slotted spoon remove all the bones and the meat. Save the chicken for use in the broth or for another recipe. Pour the broth through a fine mesh strainer and discard the solids.



# BONE BROTH RECIPES

## Duck Bone Broth

**Prep:** 15 min • **Cook:** 4 to 6 hrs **Yield:** 2 to 3 quarts broth

### Ingredients:

- 2 duck carcasses
- 6 to 8 chicken feet or 1 pig's foot (optional)
- Enough purified water to just cover the bones in the pot; the pot should be big enough to add 2 to 3 quarts water
- ¼ cup apple cider vinegar
- 2 to 4 carrots, scrubbed and roughly chopped
- 3 to 4 stalks organic celery, including leafy part, roughly chopped
- 1 medium onion, cut into large chunks
- 1 clove garlic
- 2 teaspoons peppercorns
- Small bunch of fresh herbs (parsley, thyme, rosemary, bay leaf, and marjoram)

### Directions:

- Put duck carcasses into a roasting pan and place in a preheated 400° oven for one hour until the bones are well browned. This step isn't necessary, but it greatly enhances the flavor of duck bone broth.
- Place all the bones in a slow cooker or large stockpot. Add the vinegar and enough purified water to cover everything by 1 inch. Cover the pot.
- On medium heat, bring the water to a simmer. Use a shallow spoon to carefully skim the film off the top of the broth. If you are cooking in a crock pot, you will have to wait until the water gets warm before skimming,
- Add all the remaining ingredients and reduce the heat to low. You want the broth to barely simmer. Skim occasionally over the first 2 hours, and be sure the bones are always covered with water. You may have to add water during the cooking process. Cook for at least 4 hours, or up to 6.
- When the broth is done, turn off the cooker or remove the pot from the heat. Using tongs and/or a large slotted spoon remove all the bones. Pour the broth through a fine mesh strainer and discard the solids.



# BROTH LOADING WITH BONE BROTH

*Broth-loading is a key tenant of all bestselling books. In this plan, I recommend sipping bone broth that is loaded up with vegetables and extra fat to keep your system full of the healthy fiber and nutrients you need to fight cravings, slim down, and get your gut glowing—from the inside out.*

## Spicy Bone Broth with Greens

**Prep Time:** 10 min • **Cook Time:** 10 to 15 min • **Yield:** 1 quart or 4, 8-ounce cups

### Ingredients:

- 4 ½ cups bone broth
- 1-inch knob fresh ginger, sliced
- 1 clove garlic, smashed
- ½ teaspoon ground turmeric, to taste
- 2 or 3 black peppercorns
- Pinch cayenne
- Pinch cumin
- Pinch ground cardamom, optional
- 2 cups chopped dark leafy greens, i.e. dandelion greens, spinach, chard, kale
- Celtic or Pink Himalayan salt, use after serving

### Directions:

- Add all ingredients, except the greens, to a pot and barely simmer for 10 to 15 minutes.
- Strain solids in a fine mesh strainer.
- Add greens to broth and let sit covered for 10 minutes for tender greens such as spinach. For more fibrous greens such as kale, barely simmer in the broth for 10 to 15 minutes.



## Thai Coconut Tomato Bisque

**Prep time:** 10 minutes • **Cook time:** 20 minutes • **Yield:** 4 servings

### Ingredients:

- 1 tablespoon coconut oil
- ½ medium onion, chopped
- 2 cloves garlic, minced
- 2 teaspoons ginger, grated
- 1 teaspoon lemongrass, crushed
- 2 (14 ounce) cans of diced tomatoes
- 1 (14 ounce) can of tomato sauce
- 2 ½ cups Chicken Bone Broth
- 1 (14 ounce) can unsweetened full-fat coconut milk
- 1 teaspoon garam masala seasoning
- ½ teaspoon turmeric
- ¼ teaspoon nutmeg
- Sea salt and freshly ground black pepper to taste

### Directions:

- Heat coconut oil in a large pot over medium high heat. Add onion, garlic, ginger, and lemongrass to melted oil. Sauté for 1 to 2 minutes or until onion has become tender and translucent.
- Add diced tomatoes, tomato sauce, and broth. Once mixture boils, turn heat down to low. Add remaining ingredients, stir, cover, and simmer for 15 minutes.
- Transfer contents into a food processor and blend until a nice smooth bisque. Serve hot.



## Cauliflower Vichyssoise

**Prep Time:** 15 min • **Cook Time:** 25 min • **Yield:** 4 to 6 servings

### Ingredients:

- 2 tablespoons ghee
- 1 clove garlic, minced
- 2 leeks, cut into thin rounds, use only the white and pale green parts
- 4 cups (1 quart) Chicken Bone Broth
- ½ cup canned full-fat coconut milk
- 3 cups cauliflower florets
- ½ teaspoon thyme
- 1 teaspoon Celtic or Pink Himalayan salt
- ½ teaspoon black pepper
- ½ teaspoon arrowroot blended with 1 tablespoon water

### Directions:

- Melt ghee in a large kettle over medium-high heat. Add garlic and leeks and reduce heat to medium-low. Sauté for 6 to 8 minutes to soften.
- Raise heat to medium-high and add broth, coconut milk, cauliflower, thyme, salt, and pepper. When soup begins to simmer, reduce heat to medium-low and simmer for 15 to 20 minutes until cauliflower is cooked through.
- Puree with a hand-held immersion blender, blender, or food processor until smooth and creamy. Return to kettle and add arrowroot. Simmer until soup thickens, adding more arrowroot if a thicker soup is desired.



# THE GOLDEN RULE OF BONE BROTH:

*Do what works for you!*

Sometimes you'll have time to simmer bone broth for hours on the stovetop. Sometimes you'll pop it in the Instant Pot. When you stock up on my [Liquid Bone Broth](#) in beef or chicken, you'll know that warm, satisfying, slim3ming bone broth is always in the freezer... and when you're really on-the-go, you'll want my [Instant Collagen Broth](#) packets. Make bone broth a part of your daily routine and you'll feel the difference every day.



\* FREE SHIPPING ON ALL BONE BROTH \* Ships Frozen, with dry ice (continental USA only) in 24-ounce BPA-free pouches.

[SHOP NOW](#)



Delicious bone broth that you love in a powdered, on-the-go packet that you can create simply by adding hot water!

[SHOP NOW](#)



This warm, luscious broth will satisfy you down to your toes. It's flavored with onions, parsley, garlic and simmered for 24 hours.

[SHOP NOW](#)



NON  
GMO



GLUTEN  
FREE



DAIRY  
FREE



KETO  
FRIENDLY



SOY  
FREE

