

Bone Broth Recipes

Broth with Meatballs & Sauerkraut

- 3 cups Real Chicken or Beef Bone Broth
- 1 cup Caldwell's raw cultured sauerkraut
- 1/2 lb (organic, grass fed) ground beef or ground turkey
- 1 tsp dried oregano or sage
- 1/4 tsp cayenne (optional)
- 1 tsp sea salt
- 4 tbsp minced parsley or cilantro

Bring broth to a simmer. Season meat with oregano and salt. Form small meat balls. Drop them into the simmering broth and simmer for 3-5 minutes. Ladle soup into bowl and let cool down a bit. Top with sauerkraut and chopped parsley or cilantro. (Do not heat sauerkraut) Serves 3-4

Cream of Mushroom Soup

- 1 lb mushrooms
- 1 medium onion, chopped
- 4 tbsp butter
- 2 cloves garlic, crushed or diced
- 2 tbsp sherry or brandy (optional)
- 4 cups Real Chicken Broth
- 1 cup heavy cream
- Salt and black pepper to taste

Melt butter in 2 qt saucepan. Add onion and mushrooms, sauté until lightly browned. Stir in garlic and cook for a minute or so. Add sherry, salt, pepper and chicken broth. Bring to the boil, then simmer for 15 minutes. Taste for seasoning. Add cream slowly, then continue to simmer for 10 minutes. Blend with handheld blender. Ladle into bowls. Serves 4

Soup Base for 'Cream of' Soup

- 3 tbsp butter
- 3 tbsp flour (or arrowroot powder)
- 1/4 tsp salt
- 1 cup Real Chicken or Beef Bone Broth

Melt butter in heavy saucepan. On medium heat, stir in flour and salt blending until bubbly. Using a wire whisk to prevent lumps, slowly stir in bone broth, using a wire whisk to prevent lumps. For a creamier taste, whisk in some heavy cream. Add your choice of meat, vegetables, cheese, mushrooms, or other ingredients of choice. This simple 4 ingredient recipe makes a medium thick sauce comparable to a 10 oz can of undiluted condensed 'cream of whatever' soup.

Sweet Potato and Coconut Milk Soup

- 2 sweet potatoes peeled and cubed
- 1 small butternut squash peeled and cubed
- 2 medium onions chopped
- 4 cups Real Chicken Bone Broth
- 1 can coconut milk
- 1 tbsp garam masala (Indian seasoning)
- 1/2 tsp turmeric
- 1/2 tsp cumin
- Salt and pepper, to taste

Cook the vegetables in broth. When well cooked, puree with handheld blender. Add the coconut milk and the spices. Serves 4

Zucchini Soup with Crispy Bacon

- 1 onion, peeled and sliced
- 2 cloves garlic, peeled and mashed
- 2 cups zucchini, diced
- 2 medium russet potatoes, peeled and diced
- 2 tbsp each butter and extra virgin olive oil,
- 4 cups Real Chicken or Beef Bone Broth
- 4 slices cooked bacon cut in small pieces
- Crème fraiche

Sauté onion in butter and olive oil until lightly browned. Add garlic, zucchini and potatoes and cook on low for about 20 minutes. Add broth and simmer until vegetables are soft. Blend with a handheld blender. Ladle into bowls, top with bacon and a dollop of crème fraiche. Serves 4

Stovetop Hoppin' John

- 1/3 cup ham, diced
- 1 slice of bacon, diced
- 1/2 onion, diced
- 2 tbsp butter
- 2 cloves garlic, crushed or diced
- 1 1/2 cups long grained rice
- 3 cups Real Chicken or Beef Bone Broth
- 16 oz. cooked black eyed peas
- 1/4 tsp dried thyme, salt and pepper to taste

Melt butter in 2 qt saucepan. Add ham, bacon and onions and sauté until onion is soft and lightly browned. Stir in garlic and thyme and cook for another minute. Add rice, stir and sauté several minutes until edges of the rice turn translucent. Add bone broth, bring to boil, then cover and cook at low heat for 10 or 15 minutes until rice is mostly cooked. Gently stir in black eyed peas, put lid on pot allowing rice to heat up the peas. Serves 3-4

Greek Avgolemono Soup

- 4 cups Real Chicken Broth
- 1/4 cup onion, minced
- 1/2 cup parsley, minced
- 1/2 cup orzo pasta or brown rice pasta
- 3 or 4 eggs, beaten very well
- 1/4 cup lemon juice

In 2 qt saucepan, bring broth, onion and parsley to a boil. Turn heat to medium high and add pasta. Cook until pasta is done, then turn heat to lowest setting. Meanwhile, beat eggs very well in a small bowl and then add lemon juice. Stir soup with one hand while very, very slowly pouring beaten eggs/lemon juice into soup. Remove from heat and serve immediately. Serves 4

Rich Meat Gravy

- 1/4 cup fat drippings from roasted meat of your choice (if not enough drippings, add butter, lard or other fat)
- 1/4 cup flour or arrowroot powder
- 2-3 cups Real Chicken or Beef Bone Broth
- Salt, pepper and other seasonings to taste

In skillet or saucepan stir in flour or arrowroot to fat drippings until smooth. Cook over medium heat for several minutes, stirring constantly. Whisk in bone broth and simmer for 5 minutes or so. Serve over potatoes, rice or vegetables. Serves 4-6.



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