

Bone Broth

— BONUS —

AUDIO & RECIPE BOOK



Wellness Mama
simple answers for healthier families

Bone Broth Benefits

Broth is an ancient food that traditional cultures and trained chefs have been using for ages, and it has recently regained popularity and was even called “trendy” on the Today show.

A true “what’s old is new again” story that our great grandmothers would probably laugh about, modern culture is finally catching up to what traditional cultures have known for years... that broth is an inexpensive and versatile source of nutrients.

Years ago, many families kept a pot of broth simmering on the hearth. This provided an easy base for soups and other recipes and also a way to keep the broth fresh before the invention of refrigerators. It’s one of the many traditional foods that we’ve largely forgotten in modern culture, but I’m glad to see it making a come back.

Broth is easily and simply made by boiling bones (beef, chicken, fish, etc) in water with an acid (like vinegar) and optional spices, vegetables and herbs. Broth can boil for as little as 4 hours or up to 48 (or more as traditional cultures did). [Here’s my recipe and tutorial](#), but in case you need some convincing, these are some of the many reasons to consume broth regularly:

Nutrient Absorption

Broth is wonderful for nutrient absorption in two ways:

1. It is a source of bio-available nutrients in an easy-to-digest form
2. Its amino acid structure and high gelatin content makes it soothing and healing for the gut and enhances the absorption of nutrients from other foods as well.

Supports Hair, Skin, Nails & Joints

Broth contains the collagen, which supports hair, skin and nail health. It also contains glucosamine, chondroitin sulphates and other compounds that support joint health.

Bone broth provides the amino acids needed for collagen production. Collagen keeps the skin smooth, firm and reduces wrinkles. Heather of Mommypotamus quotes a study on mice where one group was exposed to sunlight (increasing time and intensity) and another group was exposed to sunlight (same way) but received supplemental gelatin. [In her words:](#)

When results were measured, “mice exposed to the light without the gelatin had a 53% average decrease in the collagen content of their skin, compared to the mice that received no ultraviolet light exposure at all. Astonishingly, the mice that were exposed to the light, but also fed gelatin had no collagen decrease at all. They actually had an average collagen increase of 17%.” ([source](#), original study, emphasis mine)

The gelatin in bone broth also helps strengthen hair and nails and speed their growth.

Necessary Amino Acids

Broth is an excellent source of several essential amino acids that are often difficult to get from diet alone:

- Proline: A precursor for hydroxyproline, which the body uses to make collagen, proline helps the body break down proteins and helps improve skin elasticity and smoothness (and avoiding wrinkles). It is often recommended for its benefits to the heart, including keeping arteries from stiffening.
- Glycine: Necessary for DNA and RNA synthesis and digestive health. It is used for the production of glutathione, for blood sugar regulation and digestion (though bile salt regulation). [Dr. Sarah Ballantyne](#), “Glycine also enhances muscle repair/growth by increasing levels of creatine and regulating Human Growth Hormone secretion from the pituitary gland.”
- Arginine: Helpful for proper kidney function, wound healing and proper kidney function. There is some evidence that arginine is helpful in keeping the arteries supple and improving heart health, though more study is needed.
- Glutamine: This [great guest post from Steve of SCD Lifestyle](#) talks about the role of L-glutamine in gut health and how to use it properly. Bone broth is an excellent source of glutamine and is recommended (required) on [the GAPS protocol](#) that we used to reverse my son’s dairy issues and skin problems.

It is important to note that these amino acids are not technically considered “essential” since the body does make them itself. Since they are only made in small amounts in the body, much of the research I’ve read suggests that it is beneficial to consume them from dietary sources as well.

Gut and Immune Health

Chicken soup is a timeless remedy for illness, but modern research is starting to [understand its role in immune health](#). As we now understand that much of the immune system is in the gut, broth is especially helpful because its high gelatin/collagen content supports gut health and its amino acids help reduce inflammation.

Dr. Campbell McBride, [author of Gut and Psychology Syndrome](#) says that gelatin helps “heal and seal” the gut, and in doing so is helpful for reversing leaky gut syndrome and digestive problems.

Broth vs Bone Broth vs Stock

[Nourished Kitchen](#) provides a great explanation of the difference between these terms:

- Broth is typically made with meat and can contain a small amount of bones (think of the bones in a fresh whole chicken). Broth is typically simmered for a short period of time (45 minutes to 2 hours). It is very light in flavor, thin in texture and rich in protein.
- Stock is typically made with bones and can contain a small amount of meat (think of the meat that adheres to a beef neck bone). Often the bones are roasted before simmering them as this simple technique greatly improves the flavor. Beef stocks, for example, can present a faint acrid flavor if the bones aren't first roasted. Stock is typically simmered for a moderate amount of time (3 to 4 hours). Stock is rich in minerals and gelatin.
- Bone Broth is typically made with bones and can contain a small amount of meat adhering to the bones. As with stock, bones are typically roasted first to improve the flavor of the bone broth. Bone broths are typically simmered for a very long period of time (often in excess of 24 hours). This long cooking time helps to remove as many minerals and nutrients as possible from the bones. At the end of cooking, so many minerals have leached from the bones and into the broth that the bones crumble when pressed lightly between your thumb and forefinger.

How to Use Broth

Broth is extremely versatile and many chefs use it as a base for soups, gravies, sauces and more. Here are some great ways to use broth:

- As a base for soups and stews
- In a mug by itself as a warm drink
- As a base for gravy and sauce
- Use it to cook veggies in for extra nutrients
- Dehydrate to make your own bouillon powder

Bone Broth Recipes

Soothing Garlic Soup

Ingredients

- 4-5 heads of garlic (45-50 cloves)
- ¼ cup high quality olive oil
- 2 onions
- 4 tablespoons butter
- 1 quart of chicken broth
- 2 cups of coconut milk or other milk of choice
- 1 teaspoon dried thyme leaf or 2 teaspoons of fresh
- 1 teaspoon dried oregano leaf
- 1 teaspoon dried basil leaf
- ½ teaspoon salt
- ½ teaspoons black pepper
- 2 tablespoons fresh minced parsley leaf (optional)
- ¼ cup chopped fresh chives (optional)
- 1 fresh lemon (for garnish)

Directions

1. Preheat the oven to 350 degrees.
2. Cut the heads of garlic in half across the cloves but do not peel them.
3. Pour the olive oil into an oven safe dish and place the garlic head halves cut side down on the dish. Cover with an oven safe lid or foil.
4. Roast for 45 minutes to 1 hour or until garlic cloves are fragrant and starting to brown. To remove the garlic cloves, carefully pick up the shell of the garlic heads. The cloves should slightly stick to the pan, making peeling easy.
5. While garlic is roasting, melt butter in a large pot and add sliced onions. Saute over medium heat, stirring constantly until onions are translucent and golden. Add thyme, oregano, basil, salt and pepper and saute for 2 minutes.
6. When garlic is done roasting, add peeled cloves to the onion mixture in the pot.
7. Add chicken broth and bring to a simmer.
8. Simmer for 15 minutes.
9. Reduce heat to low and add coconut milk or other milk.
10. Using a stainless steel immersion blender, carefully blend the soup until smooth.
11. Serve warm.
12. Garnish with fresh parsley and chives and squeeze a lemon wedge over each bowl.

Simple Tomato Soup

Ingredients

- ¼ cup of coconut oil (or butter)
- 1 medium yellow onion
- 3 cloves of garlic or 1 teaspoon garlic powder
- 28 ounces of diced, canned tomatoes (I use these or home canned)- or 6 fresh tomatoes
- 2 cups bone broth (how to make your own)
- 1 cup coconut milk (recipe)(or additional broth)
- 6 ounces tomato paste (I get mine here)
- 1 teaspoon salt
- 1 teaspoon pepper
- ½ cup fresh basil or 3 tablespoons dried

Directions

1. Dice the onion and place in a pan with the butter or coconut oil over medium heat.
2. Mince garlic and add (or add garlic powder)
3. Saute until onions are softened and translucent.
4. Add tomatoes and saute for 2 minutes.
5. Mince the basil (if using fresh) and add to pan.
6. Add the rest of the ingredients and bring to a boil.
7. Reduce to a simmer for at least five minutes (for richer flavors, you can simmer for up to 30 minutes)
8. Optional but Recommended: Using a metal immersion blender, carefully blend in the pot until smooth.
9. Garnish with chopped basil or green onions (optional) and serve.

Carrot Ginger Soup

Ingredients

- 1 leek
- ¼ cup coconut oil (aff)
- 2 pounds carrots
- 2 sweet potatoes
- 2 garlic cloves, peeled and minced
- 2 tablespoons grated fresh ginger root
- 1½ teaspoon curry powder
- 5 cups chicken stock (recipe)
- 1 teaspoon salt
- ½ teaspoon pepper

Directions

1. Trim off the tough green end of leek, then slice leek lengthwise and rinse out. Slice leek halves into ¼-inch slices.
2. Trim carrots, wash and slice diagonally. Peel sweet potato and cut into 1-inch cubes.
3. Pour coconut oil in the soup pot and sauté the leek until translucent but not brown. Add carrots and sweet potatoes and toss for 5 minutes on medium heat.
4. Add the garlic, ginger, and stock.
5. Bring to a boil, then lower to a simmer.
6. Cover and cook gently for 30 minutes or until the carrots are soft.

Butternut Squash Soup

Ingredients

- 1 medium butternut squash
- 1 cup coconut milk
- 1 cup (plus more to thin) homemade chicken broth or stock
- 1 sweet onion
- 2 tablespoons of butter or coconut oil
- salt and pepper to taste
- ½ tsp nutmeg (or to taste)
- ½ tsp garlic (or to taste)
- sprinkle of thyme (optional)

Directions

1. Cut top and bottom off of butternut squash and use knife to carefully cut remaining skin off.
2. Cut in half and scoop out seeds (they are great roasted!)
3. Chop squash into small cubes and dice onion.
4. In a large stock pot, melt the butter and add diced onion.
5. Saute 3 minutes until starting to soften and add squash.
6. Saute an additional 5 minutes until squash starts to brown.
7. Add coconut milk, stock, and spices and bring to simmer.
8. Simmer about 20 minutes until soft.
9. Use a blender or hand blender to puree until smooth.
10. Serve warm or make ahead to reheat for a fast meal addition.

Egg Drop Soup

Ingredients

- 4 cups good-quality chicken broth
- 1 tsp. fresh minced ginger
- 1 clove fresh minced garlic
- 4 large eggs
- 1 tablespoon butter
- 3 thinly sliced green onions
- 1/2 tsp salt or more to taste
- 1/4 tsp black pepper

Directions

1. Heat chicken broth in a medium pan. Add Ginger and garlic and simmer for 5 minutes. Add salt and pepper.
2. Whisk eggs in a small bowl.
3. Remove the broth from the heat and add the eggs, whisking constantly to create little egg ribbons or drops. Whisk in sliced green onions and butter for taste.
4. Serve immediately. Top with additional green onions for garnish if desired.

