



The Benefits of Bone Broth

A cure-all in traditional households and the secret ingredient in gourmet cooking, bone broth plays a role in all cultures whether it is used for nurturing the sick or adding flavor to cuisine. This mineral-rich infusion is easy to digest and provides nutrients that are highly absorbable.

Bone broth provides over 19 easy to absorb essential and non-essential amino acids (the building blocks of protein). It contains gelatin, collagen, chondroitin, and glucosamine that are essential to joint and bone health. And, it contains minerals calcium, magnesium, phosphorus, silicon, and sulphur. It's like a natural multivitamin!

Here are some of the major bone broth benefits:

- ✔ Helps heal and seal your gut
- ✔ Promotes healthy digestion
- ✔ Reduces joint pain and inflammation
- ✔ Promotes strong, healthy bones
- ✔ Inhibits infection
- ✔ Fights inflammation
- ✔ Promotes healthy hair growth
- ✔ Promotes healthy nail growth

Use bone broth when making soups, stews, gravies, sauces, or braising vegetables. During the cold and flu season, drink a cup a day (or more) to boost your immune system as a preventative measure, or, if sick, to help shorten the duration of the illness.

Making your own nutrient dense bone broth is incredibly easy and inexpensive. You can use leftover carcass bones or other bones that are going to be thrown away, or purchase soup bones and chicken feet from your local butcher. Make sure the bones come from healthy animals such as grass-fed beef, pasture raised pork and poultry, and wild caught fish.

If making your own bone broth isn't your thing, there are many store-bought options out there for you. Here are three great options to try!

Erie Bone Broth, OH: A local company that makes exceptional bone broth. They source their bones from animals that live and eat in their natural environment and are free of GMO's. There is so much collagen (or gelatin) extracted into this bone broth that when it sits in the fridge it looks like jelly. Use this bone broth as sipping broth. Warm it up, add some salt and pepper, and enjoy!

Nona Lim: They make non-GMO, dairy-free, and gluten free bone broths that are inspired by Asian flavors and made from scratch! They are a perfect start to an incredible soup! Thai Curry Lime makes a great fish stew by adding onions, bell peppers, cod, and cilantro and simmering until cod falls apart—30 minutes. The Miso Ramen is a great start to a ramen bowl by adding green onions, mushrooms, peppers, leftover cooked meat from a previous meal, soft boiled eggs, and Koyo Soba Noodles.

Pacific Foods Bone Broth: Made with quality, organic ingredients and cooked slowly to bring out the rich complex flavors that bone broths have to offer. It is very affordable, so it is great to use in soup recipes where you need 4+ cups of broth.



RECIPE Homemade Chicken Bone Broth

Ingredients

- 1 chicken carcass from a roasted chicken
- 2 tablespoons raw apple cider vinegar
- 2 teaspoons sea salt
- 10-12 black peppercorns
- 1 onion peeled and roughly chopped
- 4-6 cloves of garlic peeled and mashed with the back of a knife
- 3 carrots roughly chopped
- 3 ribs of celery roughly chopped
- 1 large handful of fresh herbs like parsley and/or dill and/or several sprigs of rosemary and thyme
- 4-6 quarts of water

Directions

Place chicken bones into a large stockpot and add the vinegar, salt, peppercorns, onion, garlic, carrots, celery, herbs, and then cover with water. Bring to a boil over medium-high heat then simmer over medium-low heat, covered, for at least 8 hours and up to 18 hours. Skim off and discard any foam that rises to the top of the stockpot as necessary.

Strain the broth through a fine mesh strainer and then pour broth into glass jars with lids. Store in the refrigerator or freezer. If freezing, make sure you give yourself enough headspace (1-2 inches).



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Erie Bone Broth



Koyo Udon Noodles



Onions



Nona Lim Bone Broth



Eden Sea Salt



Garlic



Pacific Foods Bone Broth



Frontier Exotic Peppercorn Blend



Dill



Bragg's Apple Cider Vinegar



Whole Chicken



Carrots