

INVEST IN THE STOCK EXCHANGE:

BONE BROTH MADE EASY + BONUS RECIPES

Earlier this year, my daughter came into the kitchen and said, “I’ve just made the best New Year’s resolution ever!” Intrigued, I wanted to know what it was. She said, “I made a resolution not to make any resolutions!”

Well, I guess that way you’ll never feel like a failure, at least when it comes to resolutions.

I like what Dr. Henry Cloud said in his book, *Never Go Back*:

“Research shows that change happens more consistently and lasts longer when our goal is to get better, not perfect. When we understand that change is a process, then when we do fall short, we will see it as a necessary part of the path and not as a dead end. We will be able to take a setback in stride and continue going forward.”

I think that deciding to learn something new is a good resolution to make. I can stick to something a lot better when I know *why* something works, and what it’s going to do for me or my family.

May I encourage you to think about learning something new this year? I’d like to suggest that you invest in the stock exchange.

But not that stock exchange....I’m talking about one that won’t fall off the cliff and leave you penniless. This one will bring you the riches of good health for years to come.

Bone broth, also known as stock (and what’s the difference anyway?), is enjoying a comeback. And hallelujah! It has so many things in it that are lacking in our Standard American Diet (SAD). Did you ever wonder why the richest country in the world has so many hospitals and medical complexes?

The skinny? Stock is usually made predominantly with bones, and broth uses more meat and is thinner. Otherwise, you can use the terms pretty much interchangeably (unless you’ve been to cooking school 😊).

I remember when I had this nagging feeling (and not that many years ago) that I really should learn how to cook beans...from the dry-in-the-bag stage, not out of the can. Have you ever had that feeling that something’s going to be hard, but you haven’t gotten up the gumption to just dive in and find out?

That’s how it was with beans....they are so easy, I’m embarrassed to admit it. Turns out it’s the same with stock.

Hey, let's get started! This is not going to be hard! We'll take it one step at a time. I hope you'll resolve to make eating it part of your daily routine.

WHY YOU NEED IT

It's full of amino acids, like glycine and proline. Gotta have 'em. These aminos:

- help regulate blood sugar
- are necessary for proper liver and kidney function
- speed wound healing
- help the body make collagen. Collagen supports skin, nail and hair health.

Speaking of collagen, listen to this mice study. Talk about reversing the effects of aging!

Here's what happened, paraphrased from an article on Hello Beautiful.com. A study was done by researchers at Tokyo University of Ag and Technology where they studied the effects of eating gelatin on skin that was repeatedly exposed to ultraviolet light.

They used three separate groups of hairless mice. What they found was that the 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%**.

Wow! Eat and look younger. Two of my favorite things.

Vanity aside, one of your most important benefits from consuming bone broth is healing your gut. Bone broth contains gelatin, in addition to all those minerals and aminos, that helps your body digest other foods better, and it heals the mucosal lining of your gut. Ever hear of leaky gut syndrome? Bone broth is a huge player in fixing that problem.

Broth is also packed with other goodies like glucosamine which keep our joints functioning well.

And remember this is way cheap. Because of the large amounts of minerals in broth, you might find you can cut back or do without some of those expensive supplements.

As a South American proverb goes, "bone broth can resurrect the dead".

HOW TO DO IT

I'm telling ya, this is so easy you won't believe it.

THE CAST:

Bones, preferably from Pasture Nectar Farm's grass-fed/pastured beef or lamb, also pastured poultry from other sources – start with as little as 2 or 3 lbs, all the way up to a big turkey carcass – it's whatever fits in the pot you have

Water, enough to cover the bones

Apple cider vinegar (I like a good quality like Bragg's); you can use white vinegar, too

3 or 4 carrots

1 large onion

A couple stalks of celery, including leaves

Dried or fresh parsley (optional, but great for extra mineral ions)

You do have chicken feet, right?

THE SCRIPT:

1. Get a crock pot, a big stock pot or a turkey roaster. You can start smaller; just find something that will cover the bones you want to use and some room left over so they're covered with water. You can use more than one species, too.
2. Chop up the veggies into chunks. (If you really don't have the time, skip the veg all together and just do the bones.)
3. Place the bones and veggies in the pot, and cover with cold water. Don't worry if you can't cover the whole thing. (For even deeper flavor, roast or brown the vegetables before adding them to the water.)
4. Stir in 2 T to ¼ c. vinegar. This will soften the bones and coax out those so-good minerals in the bones.
5. Don't heat it yet. Leave it alone for about an hour so it can meditate, or whatever bones do when left alone.

6. Now turn the heat on. Turn it all the way up and catch it when it starts to boil. Turn it down to a slow simmer now. You want a lovely slow bubbling at the lowest heat possible to get the nutrients out and to retain clarity.

7. Spoon off any scummy or grayish stuff on the surface. There isn't a whole lot of that with grass-fed; I think you'd probably get a lot more if you're using bones from commercially raised animals.

8. Keep simmering for 12 hours to 24 hours. Sooner is OK but the longer you leave it, the more minerals you'll get. You can let it go for a couple of days if you want. You can turn the stove off at night if it makes you nervous leaving it on while you sleep, keeping the pot tightly covered for warmth, then start again in the a.m.

9. When it's gone long enough for you, throw in the parsley and let it go for 10 minutes or so. This will add extra minerals.

10. Now strain out the bones and veggies using a slotted spoon and strain the rest through a strainer. What you want is the broth – the liquid part – filled with those gut-healing fountain of youth minerals. After it's cooled, it should be gelled.

11. Your pets will love the solids. The bones are soft because of the vinegar. Some bones are harder than others; you can add more water and veggies, and do it all again.

12. You can skim off the fat that rises after it's chilled if you want a very clear broth. But there's nothing wrong with the fat. If you do skim it, use it to cook with. Don't throw it out!

12. Store your broth in the freezer for 3-6 months, or in the fridge up to a week. **DON'T FORGET TO LABEL IT WITH THE DATE AND TYPE OF BONES YOU USED.** Some recipes call for plain old chicken stock or beef stock.

13. Now, **DRINK IT!** We just heat some plain broth up on the stove for lunch, or anytime, fat and all (it contains valuable nutrients). You can add some salt and/or herbs to taste. Try to get 1 or 2 cups of this per day.

And if you don't want to drink it every day, keep reading for more ideas and recipes. It will make your dishes *and* your body richer.

HOW TO USE IT + BONUS RECIPES

I promised you some delicious ways to use bone broth.

You can use the broth for:

- a soup base
- for the liquid when making rice or potatoes (wow! so much tastier than just water)
- in recipes
- and to drink plain or dressed up with seasonings (to add a power-packed nutritional punch, stir in some coconut oil – great for your thyroid and heart health)

RECIPES

This is my favorite recipe for rice. It comes out perfect every time!! I never do stovetop rice anymore.

OVEN BAKED RICE

1.5 c. rice (not Minute Rice; I like basmati)

2-1/3 c. stock or water

2/3 T. butter

1/2 t. salt

Pour rice in bottom of 8x8 baking dish.

Bring the stock and butter to a boil. Stir in the salt, then pour it all over the rice. Stir to even it out, then quickly place heavy duty aluminum foil tightly over the pan. (You can use 2 thicknesses of regular foil.)

Bake at 375 degrees for 1 hour.

Take off the foil, fluff with a fork, then tent until ready to serve.

I like to double this recipe and use a 9x13 pan. This gives me leftovers to put in soup or as a side dish.

Here is a so-easy soup that uses your rice and bone broth. I've tweaked this from one of my favorite cookbooks, Nourishing Traditions. Love this book – I consider it a staple in the kitchen.

EASY ON THE BUDGET CHICKEN (or beef or lamb) RICE SOUP

2 quarts chicken, beef or lamb stock

1 c. brown rice

1 c. finely diced chicken, beef or lamb meat and/or heart/liver

1-1/2 c. finely diced vegetables such as carrot, celery, red pepper, green beans

Sea salt or fish sauce and pepper

Bring stock and rice to a boil and skim off any foam that may rise to the top. Recue heat and cook, covered, about 1 hour until rice is tender. Add the vegetables, diced meats, season to taste and cook until just tender. About 5 to 10 minutes. Children love this!

*****SOUP VARIATION:**

If you already have cooked rice, I brown some carrots and onions (do whatever your family will eat) in some coconut oil 'til crisp-tender while I heat the stock, then add the cooked rice, meat and vegetables to the stock. Don't worry about adding the meat if you don't have any right then. You could also use noodles here instead of rice. This is very versatile, and as individual as you are!

SINUS BUSTER

Love this cold-fighting broth variation from Heather Braaten over at MindBodyGreen:

Start with 12 oz of bone broth. Add 1/4 teaspoon turmeric, 1 clove minced garlic, 1 teaspoon fresh grated ginger, pinch cayenne, juice of 1/2 lemon to clear up those sinuses.

To get high-quality grass-fed bones, come on out to the farm store or have me bring some to your delivery. [It's a great investment!](#)