

Bone Broth Cookbook

66 NOURISHING BONE BROTH
RECIPES FOR A HEALTHIER LIFE

MADE WITH KETTLE & FIRE BONE BROTH



STREETSMART KITCHEN | KETTLE & FIRE



SHARON CHEN

BONE BROTH COOKBOOK

66 nourishing bone broth recipes for a healthier life

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The author is a former full-time employee at Kettle & Fire. However, this book was written based on the author's own opinions and experiences. The links included in this book are affiliate links, which means that if you decide to purchase any products through those links, the author will receive a small percentage of commission at no extra cost to you.

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for all
BONE BROTH SIPPERS

INTRODUCTION

Growing up in China, I had very early access to bone broth, which nowadays is gaining popularity as a supplement to a healthy lifestyle. My mom used to make bone broth for me whenever I was sick or had an injury, which apparently happened quite often. I wasn't an athlete per se, but I was an extremely active kid. The kind who worries the parents all the time.

My mom's homemade bone broth got me through a lot of physically tough times, including two arthroscopic knee surgeries and eleven stitches close to my left eye from a fall in the mountains. But little did I know that a traditional food I took for granted almost my entire life would become a trendy food in the health and wellness industry.

As someone who knew firsthand the benefits of bone broth, I started digging into the subject more deeply, making my own bone broth at home, something that I eventually stopped when I discovered a premium premade and ready-to-drink bone broth—Kettle & Fire Bone Broth, which has a shelf life of two years.

Over time, I've gradually substituted bone broth for water, regular chicken, or beef stock in my daily cooking. I found that the flavor in my dishes is noticeably enriched with a touch of bone broth. On top of that, knowing that I am adding more nutrients to my family meals puts my mind at ease.

I extended this experience during my pregnancy from May 2018 to February 2019. I religiously drank at least two cups of bone broth every day, one cup in the morning and one cup in the evening, and I continued cooking with bone broth as much as possible. I believe that I nourished myself and the little one really well with this arrangement for a couple of reasons.

1. I don't have a single stretch mark, which I credit to the extra collagen I got from the bone broth.
2. All my blood test results came out fantastic. My doctor was very impressed. Throughout the entire pregnancy, my iron and calcium level stayed in a very healthy range without taking any additional supplements besides the prenatal vitamins.



I am not saying that bone broth did it all, but I certainly believe that my consumption of the nutrient-containing broth played a big part of it.

After my son was born via a c-section, my mother came to help out with food for the first month. Guess what she insisted on having me drink? All sorts of broth, which included fish broth, pig feet broth, shrimp shell broth, and of course, beef and chicken bone broth.

Apparently, in Chinese tradition, good broths, especially bone broths, are believed to help women recover from giving birth as well as promoting milk supply and ensuring the quality of breast milk. So I have been drinking a lot of liquid. A LOT.

As this book is being written, my son is two months old, and I am breastfeeding exclusively at the moment.

You see, drinking and cooking with bone broth have become part of my daily routine. If you are obsessed with health and looking to incorporate bone broth in your diet, keep this bone broth cookbook handy.

All recipes in this book are made with Kettle & Fire's bone broth products. If you prefer to make your own bone broth at home, by all means, feel free to do it. But if you'd like to consistently consume bone broth, whether drinking it or hiding it in your dishes for the family members who just can't tolerate it straight, I'd highly recommend using Kettle & Fire bone broths, because the high quality is consistent compared to homemade, and you don't have the repetitive and tedious chore of making bone broth every week.



Part One

EVERYTHING ABOUT BONE BROTH

Chapter One

BONE BROTH AND ITS BENEFITS

First and foremost, it's important to understand what bone broth is, because it's not the normal stock you typically use in your cooking.

WHAT IS BONE BROTH?

Bone broth is made with bones that have a small amount of meat attached to them. Along with a few vegetables, herbs, spices, and apple cider vinegar, the bones are covered in water and slow simmered for 12-48 hours, depending whether it's beef bone broth or chicken bone broth. Beef bone broth needs more time to break down the nutrients in the bones, whereas the smaller chicken bones generally require less simmering time. The liquid result of long hours of simmering is bone broth.

Over the past few years, bone broth has gained popularity in the health and wellness circles, having a nutrient profile that benefits all kinds of health ailments, from chronic digestive to autoimmune conditions. Not only can you find cookbooks and cleanses dedicated to bone broth, such as [Dr. Kelly Ann's Bone Broth Diet](#), but many restaurants also use bone broth in their recipes and serve it as a beverage on their drink menus.



BONE BROTH AS A DRINK

My mom fed me bone broth back then in some kind of soup. I had never thought about drinking bone broth straight until a year ago.

Surprisingly, by simply adding some salt and pepper, you can enjoy bone broth as [an easy drink in the morning to pair with your breakfast](#) or a night-time elixir to [help promote a more restful sleep](#).

Over time, I've learned to get creative with the spices I put in my bone broth each time. Turmeric, paprika, poultry seasoning, and mesquite seasoning are all regulars in my bone broth, which keeps the drinking experience interesting and different each time.

BONE BROTH AS A COOKING LIQUID

Of course, bone broth is a fantastic cooking liquid. Basically, anytime you need water or stock in a recipe, you can substitute bone broth. For example, instead of using normal beef stock in the classic French onion soup recipe or Mongolian beef, try it with beef bone broth. The flavor gets much richer, as well as the nutrient content, including collagen, calcium, iron, etc.

Now you might wonder, what's the difference between normal stock, broth, and bone broth?

NORMAL STOCK VS. BROTH VS. BONE BROTH: WHAT'S THE DIFFERENCE?

I couldn't find a better resource than [this article](#) to explain the difference between a normal stock, a broth, and a bone broth. Here's a short summary.

A stock is made by boiling bones, ligaments, and connective tissue in water for roughly 3-4 hours. That's how store-bought beef or chicken stock is made. The thing that concerns me the most is the source of the ingredients. I've heard that they usually use low-quality bones, and it's possible that the stock contains the pesticides, hormones, and other toxins present in sick animals.

A broth is a more translucent liquid that's made primarily from meat scraps, such as chicken or beef. A broth has a lighter, thinner consistency compared to stock and is simmered for 45 minutes to two hours. Sound familiar? You may have made chicken or beef broth at home, or made a vegetable broth by using the leftover water from boiling or blanching your veggies.

A bone broth is a stock because it's made from boiling bones, ligaments, and connective tissue for extended periods of time, and it has a thicker texture. Bone broth is different from a normal stock because it's simmered much longer—between 12 and 48 hours—to release as many nutrients as possible from the bones.

Since the terms "stock" and "broth" are often used interchangeably, somewhere along the way, bone stock became bone broth, and the name stuck.

BONE BROTH BENEFITS

We all know that bones are the storehouses of essential nutrients such as calcium and magnesium. They're also a source of collagen and gelatin, two nutrients that can make a big difference in your skin, joint, and gut health.

Simmering the bones for at least 20 hours also helps to release the amino acids proline, glycine, and glutamine, which further support joint and gut health and aid in reducing systemic inflammation. Best of all, the prolonged simmering allows all of the beneficial nutrients in bone broth to become more bioavailable, which means they're incredibly easy for our body to digest and absorb.

In a nutshell, the key benefits of bone broth are listed below.

- If you are suffering from arthritis or any joint pain, as I did due to my arthroscopic knee surgeries and the two rivets implanted in each of my knees, drinking bone broth supports joint health and may help to reduce the discomfort.
- If you'd like a glowing skin from the inside out, use bone broth to support your digestive health first, because [our natural beauty is closely connected to our gut](#).
- If you are pregnant or you are ready to get pregnant, besides dairy products, bone broth is also a source of calcium. Remember, if you don't get enough calcium from your diet, it won't affect your baby's development, because your baby will just take the calcium it needs from your bones.
- You've heard the word "collagen." It's a special profile of amino acids found in our connective tissue. It boasts an impressive resumé, complete with crucial responsibilities like replacing dead skin cells, improving digestive function, and holding the body together—literally. But our bodies naturally slow down on collagen production as we get older. To compensate for the decline of production within our bodies, bone broth does an excellent job.
- Bone broth contains collagen, which helps prevent and get rid of stretch marks naturally. You don't need those expensive creams, Mama!
- Bone broth promotes detoxification which promotes a decrease in hangover effects.

Chapter Two

HOW TO MAKE BONE BROTH AT HOME

Now that you understand why you should take bone broth regularly, are you wondering how to make bone broth at home? Here are my favorite recipes for beef bone broth and chicken bone broth. I recommend using a slow cooker to make the cooking process almost completely hands-off.



Beef Bone Broth Recipe



15 MINUTES



24 HOURS



4 QUARTS

INGREDIENTS

- 3-4 pounds of mixed grass-fed beef bones (marrow bones, oxtail, knuckles, short rib, etc.)
- 2 medium onions, chopped
- 2 medium carrots, chopped
- 3 celery stalks, chopped
- 2 bay leaves
- 2 tablespoons apple cider vinegar
- 1 tablespoon peppercorns
- 8-10 cups water (or enough to cover ingredients)



INSTRUCTIONS

1. Heat oven to 400°F.
2. Place the mixed bones in a roasting pan in a single layer and place it into the oven. Roast the bones for 30 minutes. Turn bones over and roast another 30 minutes.
3. While the bones are roasting, chop the carrots, onions and celery. You are going to discard these after long hours of cooking, so a rough chop works great!
4. Place roasted bones, chopped vegetables, bay leaves, apple cider vinegar and peppercorns in a 6-quart crockpot. Cover completely with water.
5. Cover and cook on low for 24 hours. Add water as needed to keep all the ingredients covered in water and periodically skim the foam off the top of the pot.
6. After 24 hours, the broth should be a dark brown color. Discard all solids and strain the broth through a fine mesh strainer into a large bowl. Strain once more through cheesecloth to remove any remaining particles if desired.
7. Ladle the bone broth into Mason jars and let it chill to room temperature. Bone broth can be stored in the fridge for up to two weeks or frozen for future use. Before using, skim off the accumulated fat on the surface.

Chicken Bone Broth Recipe



15 MINUTES



12 HOURS



4 QUARTS

INGREDIENTS

- 2 pounds chicken bones (leftover from roasted chicken, preferably organic)
- 1 yellow or white onion, roughly chopped
- 2 ounces fresh ginger, sliced
- 2 tablespoons apple cider vinegar
- 1 tablespoon whole peppercorns
- 2 bay leaves
- 8-10 cups of water (or enough to cover ingredients)

Note: chicken bone broth requires less cooking time than beef bone broth because chicken bones are much smaller, and it's easier to release the nutrients.

INSTRUCTIONS

1. Place chicken bones and all remaining ingredients into a slow cooker and cover with water.
2. Cover and cook on low for 12-18 hours.
3. Discard all solids and strain the bone broth through a fine mesh strainer into a large bowl. Strain once more through cheesecloth to remove any remaining particles if desired.
4. Ladle into airtight jars and store in refrigerator for up to two weeks, or freeze for future usage.





Chapter Three

WHY I STOPPED MAKING BONE BROTH AT HOME

It looks like I've cracked the code of how to make a good and rich bone broth every single time, right?

I learned what ingredients to buy, what kitchen tools I need, the best way to cook bone broth, and how long to cook it for best results. Eventually, it became my weekly routine.

After a few solid months of making bone broth at home every week, however, I decided to stop.

The real question is: *Why?*



IT'S HARD TO SOURCE GOOD BONES.

To make good bone broth, you need good bones. Let's be honest. If you are going to make the effort and spend the time to make bone broth at home, you might as well get the most out of it in terms of benefits and taste. Otherwise, why bother?

Good beef bones are grass-fed and ideally grass-finished marrow bones, oxtails, knuckles, neck bones, and feet. When making chicken bone broth, I'd be looking for organic, free-range chicken and chicken feet.

Most of our local grocery stores either don't have the variety of bones or don't carry grass-fed bones.

When I was living in Jacksonville, FL, the closest butcher shop was 30 minutes away by car, and it was not guaranteed to have what I needed every time.

When we moved to Austin, TX, we were lucky, and there was a huge Asian market right next to where I lived. The ginormous meat counter had all the bones you could possibly think of. They also offered a 5-pound bag with mostly knuckles and a couple of marrow bones with a price tag of \$0.99 per pound. Affordable? Hell yeah! Quality? I was skeptical.

IT TAKES TOO MUCH TIME.

Wait! Isn't most of the work done by a slow cooker? Why does it still take so much time?

That's what I thought too. After making countless batches of bone broth, I discovered that cooking was not the problem, because I was completely hands-off during those long hours. However, aside from the time spent on sourcing the good ingredients and preparing them, straining and storing the bone broth wasn't easy-peasy.

First, you need to remove the bones and vegetables. Then you strain it through a fine mesh strainer. Don't forget that you are either going to lift a 7-quart stoneware crock nearly full of broth (oh, it's heavy!), or you are going to ladle the broth through the strainer repeatedly. If you want your bone broth to be extra smooth and silky, you'll want to strain it again through a cheesecloth before ladling it into Mason jars.

At this point, you've probably made a mess on your kitchen counter, leaving some large pots and bowls to wash.

The next step is to properly store the bone broth, which brings me to my next point.

MASON JARS TAKE UP TOO MUCH SPACE IN MY FRIDGE.

The goal of making bone broth is to make a big batch. Jars of bone broth can take up a lot of space in the fridge and/or freezer. I don't know about you, but my fridge is usually full, and making room for a few 32-ounce jars is a real stretch.

There are other ways of storing your bone broth without Mason jars, such as [the Ziploc bag method](#) and [the silicone muffin tin method](#). You'll then need to free up some space in your freezer for the frozen bone broth.

THE NUTRIENTS IN HOMEMADE BROTH VARIED EVERY TIME DEPENDING ON THE QUALITY OF MY INGREDIENTS.

In order to maximize the results of the efforts I put into making a batch of homemade bone broth, I tended to choose high-quality ingredients, such as grass-fed and grass-finished beef bones, organic vegetables, herbs and spices. However, it was not guaranteed that I'd be able to source good bones every time, not to mention that it easily got to be very expensive.

Therefore, every batch of bone broth I made most likely had different amounts of nutrients. One batch could have more collagen and protein, another batch might have less. One batch could have more calcium, another batch less. There's no way to find out the exact values unless I did a lab test for each batch, which was not going to happen. But I was certain that the benefits of my homemade bone broth were inconsistent.



IT'S ACTUALLY NOT THAT MUCH CHEAPER COMPARED TO BUYING PRE-MADE, READY-TO-DRINK BONE BROTH.

Let's look at how much I spent on buying ingredients for a batch of homemade beef bone broth first.

One pound of split, 100% grass-fed, organic beef marrow bone in Whole Foods Market costs \$7.99. Regular marrow bones cost around \$5-\$6 per pound. Oxtail is about \$7 per pound, and knuckle bones are around \$3-\$4 per pound.

If I want to make 10-12 cups of beef bone broth, I will need at least three pounds of mixed bones. Again, to make my efforts worth it, I'd want to go for the best quality ingredients. For my bones only, that's almost \$18. Adding the cost of vegetables, spices, herbs, and apple cider vinegar, one batch of beef bone broth cost me about \$20.

To make things easy, let's say it yields 10 cups of beef bone broth. That's \$2 per cup.

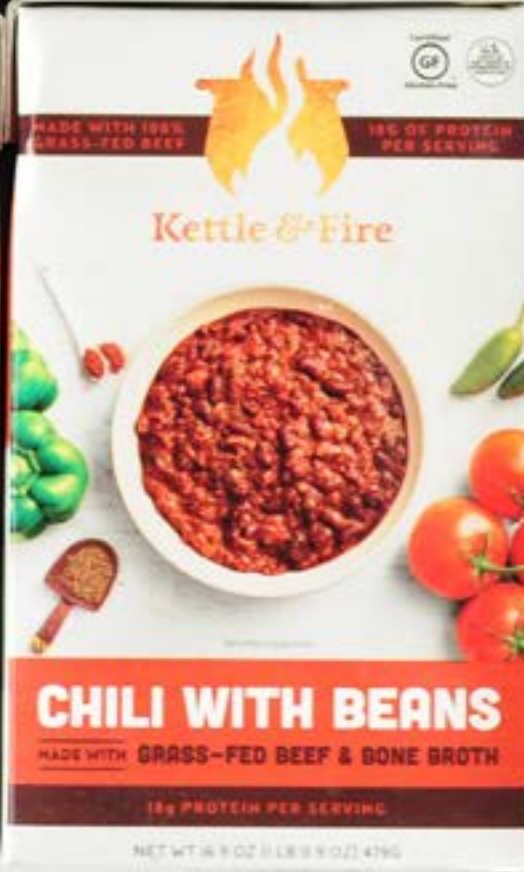
That's not too bad. Still way cheaper than buying ready-to-drink bone broth, you say.

How much is our time worth? That's where making bone broth at home becomes costly. From buying ingredients, to making the bone broth, to storing one batch of bone broth, let's conservatively say that it takes an hour. (It's probably longer than that). Add your hourly rate to the total cost. If it's \$40 per hour, that liquid gold (no pun intended) you make now costs \$6 per cup.

Of course, if you have time or enjoy the process of making bone broth, it's all worth it. Otherwise, it doesn't hurt to take a look at what pre-made bone broth is available on the market and see if it meets the requirements of us home cooks.

Chapter Four

STREETSMART KITCHEN'S CHOICE: KETTLE & FIRE BONE BROTH



Nowadays, there are quite a few bone broth brands to choose from on the market. When I pick ready-to-drink bone broth at the store, I look for a few things.

- Is “bone broth” on the label?
- Are there bones? What type?
- How long is it simmered?
- Are there added additives and preservatives?
- Does it use organic ingredients?

I have also tasted many bone broth brands out there. The product that literally checks off all the boxes and tastes the best is [Kettle & Fire Bone Broth](#), America’s first USDA-approved, grass-fed bone broth.

If you hold a carton of Kettle & Fire Bone Broth in your hand, you will notice that the company put a ton of effort into ensuring the quality of their products, and it shows with all the details they cover.

- First and foremost, they use grass-fed beef bones, including marrow bones and knuckles.
- They use a slow, low-heat cooking process that lasts for more than 24 hours, which gives the precious marrow, collagen, and amino acids time to release into the beef bone broth.
- Their chicken bone broth starts with free-range, organic chicken bones, which they are proud to source from small USA farms that don’t use hormones or antibiotics.
- Other ingredients that they add to the mix are organic vegetables, sea salt, and herbs. This means no artificial ingredients, no preservatives, and no additives.
- They use state-of-the-art packing technology so that you can stock up their bone broth and keep it in your pantry for up to two years unopened.

Sounds too good to be true? A trip to the factory allowed me to watch how exactly the [Kettle & Fire Bone Broth](#) is made, which doubly confirmed my thought—this might be the best bone broth product on the market.



Part Two

HOW TO INCLUDE BONE BROTH IN YOUR DAILY COOKING

Anytime you see a recipe that calls for regular stock, broth, or water, replace it with bone broth!

Ready to roll up your sleeves and take some action in the kitchen? Before we get started, please note that the recipes in this book primarily use Kettle & Fire's flagship products—[Beef Bone Broth](#) and [Chicken Bone Broth](#).



However, the specific flavor of bone broth used in each recipe is StreetSmart Kitchen's recommendation. Feel free to use any flavor of your choice for your bone broth dishes. Remember that if you use Kettle & Fire Chicken Bone Broth for a recipe, that one is going to taste even better with [Kettle & Fire Mushroom Chicken Bone Broth](#).

Let's get this bone broth cooking party started!

Chapter Five

SAVORY BONE BROTH OATMEALS

When it comes to oatmeals, we associate them with hearty, sweet breakfasts with fresh fruit as toppings. Maybe a drizzle of honey or maple syrup is in line as well. However, savory oatmeals are just as healthy and quick as sweet oatmeals. Bonus point is that you can change things up using what you already have in your fridge.

If you've got the three main ingredients below for your savory oatmeals, you are good to go. Everything else is just icing on the cake.

- Kettle & Fire Bone Broth, flavor of your choice
- Eggs
- Oats

With those three ingredients as the foundation, you can whip up a comforting and warm breakfast in just minutes. But if you have some vegetables and leftover meat, such as shredded chicken, toss them in your bone broth oatmeal for an extra boost for the day. The combinations are literally limitless.

In this chapter, you'll find five bone broth oatmeal recipes. Once you get a chance to make one or two, I promise that you will get the idea and start creating your own bone broth oatmeals.





Spinach Bone Broth Oatmeal



5 MINUTES



10 MINUTES



15 MINUTES

Category: **GF**

Method: STOVE

Cuisine: AMERICAN

INGREDIENTS

- 1 cup [Kettle & Fire Bone Broth](#) (any flavor)
- ½ cup mirepoix (chopped onion, celery and carrots)
- 1 cup baby spinach, firmly packed
- ½ cup portobello mushrooms or baby bella mushrooms, sliced
- 1 large egg, beaten
- ⅓ cup oats
- Sea salt and freshly ground black pepper to taste
- ¼ teaspoon paprika

INSTRUCTIONS

1. In a small saucepan, heat up bone broth over high heat. Add mirepoix and bring to a boil.
2. Stir in baby spinach, followed by the beaten egg, stirring constantly. It should take a few seconds for the egg to cook. Remove from heat immediately.
3. Stir in oats and cover; let it sit for 5 minutes.
4. Uncover and season with salt, pepper, and paprika.
5. Dish and top with Japanese rice seasonings.

Notes: The nutrition facts are calculated using Kettle & Fire Beef Bone Broth.

Nutrition information per serving: 1 | Calories: 254 | Sugar: 5.4g | Sodium: 272.3mg | Fat: 5.6g | Saturated Fat: 2g | Carbohydrates: 21.4g | Fiber: 6.8g | Protein: 16.5g | Cholesterol: 191mg



Kale and Mushroom Bone Broth Oatmeal



5 MINUTES



10 MINUTES



15 MINUTES

Category: **GF**

Method: STOVE

Cuisine: AMERICAN

INGREDIENTS

- 1 cup [Kettle & Fire Bone Broth](#) (any flavor)
- ½ cup mirepoix (chopped onion, celery and carrots)
- 1 cup kale, firmly packed
- ½ cup portobello mushrooms or baby bella mushrooms, sliced
- 1 large egg, beaten
- ⅓ cup oats
- Sea salt and freshly ground black pepper to taste
- ¼ teaspoon paprika
- 2 teaspoons Goji berries for topping (optional)

INSTRUCTIONS

1. In a small saucepan, heat up bone broth over high heat. Add mirepoix, kale, and mushrooms. Bring to a boil.
2. Pour the beaten egg into the pan while stirring constantly. It should take a few seconds for the egg to cook. Remove from heat immediately.
3. Stir in oats and cover; let it sit for 5 minutes.
4. Uncover and season with salt, pepper, and paprika.
5. Dish and top with Goji berries.

Notes: The nutrition facts are calculated using Kettle & Fire Beef Bone Broth.

Nutrition information per serving: 1 | Calories: 295 | Sugar: 9.7g | Sodium: 308mg | Fat: 5.6g | Saturated Fat: 1.9g | Carbohydrates: 21.7g | Fiber: 9.3g | Protein: 16.3g | Cholesterol: 191mg



Kimchi and Tofu Bone Broth Oatmeal



5 MINUTES



10 MINUTES



15 MINUTES

Category: **GF**

Method: STOVE

Cuisine: AMERICAN / KOREAN

INGREDIENTS

- 1 cup [Kettle & Fire Bone Broth](#) (flavor of your choice)
- ½ cup mirepoix (chopped onion, celery and carrots)
- ½ cup firm tofu, cut into small cubes
- 1 large egg, beaten
- ⅓ cup oats
- Sea salt and freshly ground black pepper to taste
- ¼ cup kimchi

INSTRUCTION

1. In a small saucepan, heat up bone broth over high heat. Add mirepoix and bring to a boil. Add tofu and let it cook for a minute.
2. Pour the beaten egg into the pan while stirring constantly but gently so you don't break up the tofu cubes. It should take a few seconds for the egg to cook. Remove from heat immediately.
3. Stir in oats and cover; let it sit for 5 minutes.
4. Uncover and season with salt and pepper.
5. Dish and top with kimchi.

Notes: The nutrition facts are calculated using Kettle & Fire Chicken Bone Broth.

Nutrition information per serving: 1 | Calories: 418 | Sugar: 5.2g | Sodium: 509mg | Fat: 14.1g | Saturated Fat: 2.9g | Carbohydrates: 26.3g | Fiber: 7.5g | Protein: 32.6g | Cholesterol: 191mg



Shredded Chicken Bone Broth Oatmeal



5 MINUTES



10 MINUTES



15 MINUTES

Category: **GF**

Method: STOVE

Cuisine: AMERICAN

INGREDIENTS

- 1 cup [Kettle & Fire Chicken Bone Broth](#)
- ½ cup mirepoix (chopped onion, celery and carrots)
- 1 cup baby spinach, firmly packed
- ½ cup shredded chicken
- 1 large egg, beaten
- ⅓ cup oats
- Sea salt and freshly ground black pepper to taste
- ¼ teaspoon paprika
- Japanese rice seasonings (optional)

INSTRUCTIONS

1. In a small saucepan, heat up bone broth over high heat. Add mirepoix and bring to a boil.
2. Stir in baby spinach, followed by the chicken. Pour the beaten egg into the pan, stirring constantly for a few seconds. Remove from heat immediately.
3. Stir in oats and cover; let it sit for 5 minutes.
4. Uncover and season with salt, pepper and paprika. Enjoy!

Nutrition information per serving: 1 | Calories: 521 | Sugar: 5.4g | Sodium: 1178mg | Fat: 16.5g | Saturated Fat: 4.9g | Carbohydrates: 20.8g | Fiber: 6.2g | Protein: 55.8g | Cholesterol: 329.4mg



Miso Oatmeal



5 MINUTES



10 MINUTES



15 MINUTES

Yield: 1 SERVING

Category: **GF**

Method: STOVE

Cuisine: AMERICAN/JAPANESE

INGREDIENTS

- 1 cup [Kettle & Fire Bone Broth](#) (any flavor)
- 1/2 cup mirepoix (chopped onion, celery and carrots)
- 1/2 cup tofu, cut into cubes
- 1/4 cup seaweed (optional)
- 1 large egg, beaten
- 1/3 cup oats
- 1 teaspoon miso paste

INSTRUCTIONS

1. In a small saucepan, heat up bone broth over high heat. Add mirepoix and tofu, bring to a boil.
2. Stir in seaweed, followed by the beaten egg. Stir constantly for a few seconds or until the egg is spread out. Remove from heat.
3. Stir in oats, cover, and let it sit for 5 minutes.
4. In the meantime, dissolve miso paste in some hot water in a small bowl.
5. Add the miso to the oatmeal. Taste and adjust flavor by adding more salt if desired.

Notes

The nutrition facts are calculated using Kettle & Fire Chicken Bone Broth.

This recipe can also be made with [Kettle & Fire Miso Soup](#). Replace the bone broth with miso soup and follow step 2 and 3 to finish cooking.

There's no need to add miso paste in this case.

Nutrition information per serving: 1 | Calories: 342 | Sugar: 5g | Sodium: 253mg | Fat: 11.5g | Saturated Fat: 2.8g | Carbohydrates: 22.2g | Fiber: 6g | Protein: 25.3g | Cholesterol: 191mg

Chapter Six

BONE BROTH GRAINS AND SIDE DISHES



Authentic and Tasty Mexican Rice



15 MINUTES



1 HOUR



1 HOUR 15 MINUTES

Yield: 8 SERVINGS

Category: **GF**

Method: STOVE

Cuisine: MEXICAN

INGREDIENTS

- 1 (28-ounce) can fire-roasted whole peeled tomatoes
- 1 medium white onion, roughly chopped
- 1/3 cup avocado oil
- 2 cups brown rice
- 1-2 red chili peppers or jalapeño peppers, seeded and finely chopped
- 5 garlic cloves, minced
- 2 cups [Kettle & Fire Chicken Bone Broth](#) (1 carton)
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon ground cumin
- 1/4 cup finely chopped cilantro
- Juice of 1-2 limes

INSTRUCTIONS

1. Purée tomato and onion in a food processor. You'll need 2 cups of the mixture; preserve the rest for later or for a Mexican-style chicken soup.
2. In a medium saucepan, heat avocado oil over medium-high heat for about 3 minutes. Toast brown rice in the oil, stirring frequently until it's lightly toasted, about 8-10 minutes. Add chili peppers and garlic; stir until combined.
3. Pour 2 cups of the tomato mixture and chicken bone broth into the saucepan. Stir in salt and cumin. Bring to a boil, then reduce heat to low and cover. Cook for 45 minutes, undisturbed. (Do not uncover the pot to check the rice during cooking.)
4. Remove from heat and let it stand for 10-15 minutes. Stir in chopped cilantro and lime juice. Enjoy!

Notes: This Mexican rice can also be made with [Kettle & Fire Tomato Soup](#). You may skip the first step of the recipe and just use the tomato soup as the cooking liquid along with [Kettle & Fire Chicken Bone Broth](#).

Nutrition information per serving: 1 | Calories: 285 | Sugar: 2.2g | Sodium: 94.3mg | Fat: 10.6g | Saturated Fat: 1.3g | Carbohydrates: 56.9g | Fiber: 2.6g | Protein: 5.6g | Cholesterol: 1.2mg



Kettle & Fire
TOMATO SOUP
WITH CHICKEN BONE BROTH
14g PROTEIN PER SERVING
NET WT. 6.3 FL. OZ (187mL)

Kettle & Fire
CHICKEN BONE BROTH
10g PROTEIN PER SERVING
6.3 FL. OZ (187mL)

Easy Mexican Quinoa



15 MINUTES



30 MINUTES



45 MINUTES

Yield: 8 SERVINGS

Category: **GF**

Method: STOVE

Cuisine: MEXICAN

INGREDIENTS

- 2 cups uncooked quinoa
- 3 cloves garlic, minced
- 1 bird's eye chili, chopped
- 1 carton [Kettle & Fire Tomato Soup](#)
- ½ cup [Kettle & Fire Chicken Bone Broth](#)
- 1 ½ teaspoons sea salt
- ½ teaspoon ground cumin
- 1 small bunch of cilantro, chopped

INSTRUCTIONS

1. Rinse quinoa and soak for 15 minutes. Drain well.
2. In a large skillet over high heat, spread out quinoa. Toast until the quinoa is dry, stirring frequently, about 5 minutes. Add garlic and chili; continue toasting for 5 more minutes or until fragrant.
3. Transfer toasted quinoa to a medium saucepan. Stir in tomato soup, chicken bone broth, salt, and cumin. Bring to a boil, then switch heat to low to simmer for 15-20 minutes.
4. Once the quinoa is done, stir in chopped cilantro. Enjoy!

Notes: This recipe doesn't require 4 cups of liquid to cook 2 cups of quinoa as a normal quinoa recipe. We use less liquid in this recipe because the quinoa is soaked, and during the toasting process, it has absorbed some water. If you add more tomato soup or chicken bone broth, the quinoa will turn out mushy.

Nutrition information per serving: 1 | Calories: 170 | Sugar: 1.2g | Sodium: 91.4mg | Fat: 3g | Saturated Fat: 0.6g | Carbohydrates: 29.1g | Fiber: 3.1g | Protein: 6.8g | Cholesterol: 1.2mg



Kettle & Fire
CHICKEN

BONE BROTH
WITH 10g PROTEIN PER SERVING

14.3 FL OZ (420mL)

Seafood Quinoa Salad



20 MINUTES



15 MINUTES



35 MINUTES

Yield: 4 SERVINGS

Category: **GF**

Method: STOVE

Cuisine: AMERICAN

INGREDIENTS

- 1 cup uncooked quinoa
- 1 1/2 cups [Kettle & Fire Chicken Bone Broth](#)
- 1 (6-oz) tuna steak
- 8 ounces medium-sized shrimp, peeled and deveined
- 1 teaspoon Old Bay seasoning
- 1/2 teaspoon ground black pepper
- 1 avocado, diced
- 1/2 cup red onion, thinly sliced
- 2 radishes, thinly sliced
- 1 serrano pepper, sliced
- 1/4 cup fresh cilantro leaves, chopped
- Lemon wedges for serving
- For the dressing:
 - 1/3 cup extra virgin olive oil
 - 2 tablespoons lemon juice
 - 1 tablespoon Dijon mustard
 - 1 teaspoon Old Bay seasoning
 - 1/2 teaspoon ground black pepper

INSTRUCTIONS

1. Place quinoa in a medium saucepan and cover with chicken bone broth. Bring to a boil, then turn down the heat, cover, and simmer for 12-14 minutes, or until all of the broth is absorbed. Remove from the heat and keep covered for 5 more minutes.
2. Brush some olive oil on each side of the tuna steak. Sprinkle with 1/2 teaspoon Old Bay seasoning and 1/4 teaspoon ground black pepper. Set aside.
3. Place shrimp in a medium bowl, season with 1/2 teaspoon Old Bay seasoning and 1/4 teaspoon ground black pepper. Mix well and set aside.
4. Grease a cast iron pan or griddle and heat it up over medium-high heat. Once the griddle is hot, place shrimp on it in one layer, leaving some room for the tuna steak. Cook each side of the shrimp for 2 minutes undisturbed.
5. One minute before the shrimp is done, place the tuna steak on the griddle; sear each side for 30 seconds.
6. Remove tuna and shrimp from heat, let cool, and cut into cubes.
7. Cut avocado, onion, radish, serrano pepper, and chop cilantro.
8. In a small bowl, combine the dressing ingredients and mix well.
9. Place all ingredients in a large mixing bowl. Pour the dressing over. Mix well.
10. Dish and serve with lemon wedges.

Nutrition information per serving: 1 | Calories: 538 | Sugar: 1.2g | Sodium: 352mg | Fat: 32.6g | Saturated Fat: 5.5g | Carbohydrates: 33.9g | Fiber: 7.1g | Protein: 28.1g | Cholesterol: 103mg



Easy Quinoa Salad



5 MINUTES



20 MINUTES



25 MINUTES

Yield: 8 SERVINGS

Category: **GF**

Method: STOVE

Cuisine: AMERICAN

INGREDIENTS

- 2 cups uncooked quinoa
- 3 1/2 cups [Kettle & Fire Chicken Bone Broth](#)
- 1 5-ounce package spring mix
- 1 pint cherry tomatoes, halved
- 1/4 cup extra-virgin olive oil
- Kosher salt to taste
- Freshly ground black pepper to taste
- Juice of 1 lemon

INSTRUCTIONS

1. Rinse quinoa under cold running water.
2. Transfer cleaned quinoa to a large saucepan, add bone broth, and bring to a boil. Switch heat to low and let it simmer for 15-25 minutes until the quinoa is tender and all the liquid has been absorbed.
3. Once the quinoa is cooked, remove from heat and let cool completely.
4. In a large bowl or in the same saucepan, add spring mix, cherry tomatoes, olive oil, salt, pepper, and lemon juice. Mix until all ingredients are well combined. Enjoy!

Nutrition information per serving: 1 | Calories: 190 | Sugar: 1.7g | Sodium: 392mg | Fat: 3.4g | Saturated Fat: 0.6g | Carbohydrates: 30.5g | Fiber: 3.9g | Protein: 9.2g



Chipotle Roasted Vegetable Couscous



5 MINUTES



15 MINUTES



20 MINUTES

Yield: 4 SERVINGS

Cuisine: MEXICAN

INGREDIENTS

- 12 ounces frozen Asian stir fry vegetable mix (broccoli, baby corn, mushroom, carrots, green beans)
- 2 tablespoons extra-virgin olive oil, divided
- 1/2 cup red onion, diced
- 1 cup frozen corn kernels
- 1 cup [Kettle & Fire Chicken Bone Broth](#)
- Salt and pepper, to taste
- 2 teaspoons Chipotle Adobo sauce
- 3/4 cup plain couscous
- 1/2 teaspoon lemon zest
- 2 tablespoons lemon juice

INSTRUCTIONS

1. Preheat oven to 425°F. Microwave vegetables on high for 5 minutes. Then chop into small pieces. Place on baking tray; coat with 1 tablespoon oil. Bake 10-12 minutes, stirring once halfway through, or until lightly browned.
2. Preheat a medium saucepan on medium-high 1-2 minutes. Place remaining 1 tablespoon oil in the pan, then add onions and corn; cook and stir 2-3 minutes or until onions are softened. Add chicken bone broth, season with 1/2 teaspoon sea salt and pepper, add Chipotle Adobo sauce; bring to a boil.
3. Remove pan from heat; stir in couscous, cover, and let stand 5 minutes. Meanwhile, zest/grate lemon peel and squeeze lemon for juice (2 tablespoons).
4. Fluff couscous with a fork; fold in (stir gently) roasted vegetables, zest, and juice. Enjoy!

Notes: This recipe can also be made with quinoa for a gluten-free version. To cook quinoa, at step 2, add 1/2 uncooked quinoa into the saucepan with the onions and corn kernels, followed by 1 cup chicken bone broth. Bring it to a boil and reduce heat to low. Simmer for 15 minutes or until the quinoa is tender.

Nutrition information per serving: 1 | Calories: 201 | Sugar: 4.7g | Sodium: 301mg | Fat: 8g | Saturated Fat: 0.7g | Carbohydrates: 27.4g | Fiber: 5.1g | Protein: 6.2g

Chapter Seven
BONE BROTH SINGLE DISHES



Southern Collard Greens



10 MINUTES



55 MINUTES



65 MINUTES

Yield: 8 SERVINGS Category: **GF** Method: STOVE AND OVEN Cuisine: AMERICAN

INGREDIENTS

- 4 slices bacon, cut into 1/4-inch pieces
- 1 medium sweet onion, diced
- Kosher salt
- 3 garlic cloves, minced
- 6 cups [Kettle & Fire Chicken Bone Broth](#)
- 2 bunches fresh collard greens, stemmed and roughly chopped (about 2 pounds)
- Freshly ground black pepper

INSTRUCTIONS

1. Adjust an oven rack to lower-middle position and heat the oven to 350°F.
2. Cook bacon in a large dutch oven over medium-high heat for about 2 minutes until the fat starts to render.
3. Stir in onions and a pinch of salt. Cook until the onions are softened, about 5-7 minutes. Add garlic and stir for 30 seconds.
4. Add bone broth and bring to a simmer. Add the greens, a handful at a time, until wilted.
5. Cover and place the pot in the oven. Cook for 45 minutes or until the greens are tender. Remove from oven. Season with more salt and black pepper. Serve with hot sauce.

Notes

- *The leftover cooking liquid can be used to cook another batch of collard greens. Or dip your cornbread or biscuit in the flavorful cooking liquid.*
- *If you don't have a dutch oven, use a heavy-duty roasting pan that is stovetop safe and follow the instructions. When ready to bake, cover with aluminum foil.*
- *This recipe can also be made on the stovetop using a large stock pot. Follow the instructions from step 1 to step 4. Cover and cook over medium heat for 45 minutes to an hour or until the collard greens reach your desired tenderness.*

Nutrition information per serving: 1 | Calories: 101 | Sugar: 1.2g | Sodium: 443.4mg | Fat: 6.2g | Saturated Fat: 1.9g | Carbohydrates: 4.9g | Fiber: 2.2g | Protein: 7.2g | Cholesterol: 12mg



The Best Steamed Broccoli Ever



5 MINUTES



12 MINUTES



17 MINUTES

Yield: 4 SERVINGS Category: **GF** Method: STOVE Cuisine: ASIAN

INGREDIENTS

- 1 pound broccoli florets (about 2 heads)
- 2 tablespoons coconut oil
- 2 teaspoons minced garlic
- 1/4 cup [Kettle & Fire Chicken Bone Broth](#)
- 3/4 teaspoon sea salt or more if desired
- 1 tablespoon [coconut aminos](#) (optional)

INSTRUCTIONS

1. Prepare broccoli by removing the stems and cutting into florets if using broccoli heads. Set aside.
2. In a large sauté pan (with a lid), heat coconut oil over medium heat for about 5 minutes. (It might take less time for the oil to heat up on a gas stove.)
3. Add garlic and stir until fragrant, about 30 seconds.
4. Place broccoli florets in the pan, followed by salt, and sauté for about a minute.
5. Pour water or broth over the broccoli and cover to steam for 5 minutes or until the broccoli is tender.
6. Optionally, stir in a tablespoon [coconut aminos](#) to add a bit of umami flavor. Enjoy!

Nutrition information per serving: 1 | Calories: 92 | Sodium: 389.3mg | Fat: 7.2g | Saturated Fat: 5.9g | Carbohydrates: 6.4g | Protein: 3.5g



Drowned Eggs



5 MINUTES



20 MINUTES



25 MINUTES

Yield: 3 SERVINGS

Category: **GF**

Cuisine: MEXICAN

INGREDIENTS

- 8 Roma tomatoes, roasted
- 1 cup fresh cilantro, firmly packed
- 3 cloves garlic
- 1 habanero pepper (optional)
- 1/2 cup white onion, roughly sliced
- 1/2 cup [Kettle & Fire Chicken Bone Broth](#)
- Salt to taste
- 6 eggs
- Freshly ground black pepper

INSTRUCTIONS

1. Preheat oven to 350°F. Roast Roma tomatoes for 10 minutes. In the meantime, prepare other ingredients.
2. When tomatoes are done, quarter them. Combine all ingredients in your food processor or blender. Add a pinch of salt. Pulse chop until there are no big chunks left. You just made an awesome salsa!
3. Scoop out 2 cups salsa into a large non-stick skillet. Break and drop 6 eggs into the salsa. Don't overlap the eggs.
4. Cover and bring to a boil (about 5 minutes). Bring the heat down to medium and simmer for another 3-5 minutes based on how well you'd like to have your eggs done.
5. Sprinkle with freshly ground black pepper and garnish with cilantro leaves. Serve!

Nutrition information per serving: 1 | Calories: 170 | Sugar: 1.2g | Sodium: 91.4mg | Fat: 3g | Saturated Fat: 0.6g | Carbohydrates: 29.1g | Fiber: 3.1g | Protein: 6.8g | Cholesterol: 1.2mg



Bone Broth Steamed Eggs



5 MINUTES



8 MINUTES



13 MINUTES

Yield: 2 SERVINGS

Category: **GF**

Method: STOVE

Cuisine: CHINESE

INGREDIENTS

- 3 eggs
- 1 cup [Kettle & Fire Chicken Bone Broth](#)
- 1 tablespoon coconut aminos or soy sauce
- Chopped green onions for garnishing

INSTRUCTIONS

1. Beat the eggs in a medium steam-safe bowl. Add chicken bone broth and coconut aminos. Combine well.
2. Add some water in a saucepan that's bigger than the bowl. Place the bowl inside the saucepan, allowing the water to come up 1 inch outside the bowl.
3. Cover and turn the heat to high. Steam for 8 minutes, undisturbed. Check to see if the eggs are solidified. If they're still watery, add 2-5 minutes of cooking time.
4. Carefully remove the steamed eggs from the saucepan using oven mitts. Sprinkle with chopped green onion. Enjoy!

Nutrition information per serving: 1 | Calories: 115 | Sugar: 0.8g | Sodium: 570.3mg | Fat: 7.4g | Saturated Fat: 2.4g | Carbohydrates: 1.1g | Protein: 10.2g | Cholesterol: 281.5mg



Bone Broth Steamed Eggs with Clams



5 MINUTES



13 MINUTES



18 MINUTES

Yield: 2 SERVINGS

Category: **GF**

Method: STOVE

Cuisine: CHINESE

INGREDIENTS

- 1 cup [Kettle & Fire Chicken Bone Broth](#)
- 2 tablespoons [Shaoxing wine](#) or sherry
- 8-10 clams
- 3 eggs
- 1 tablespoon coconut aminos or soy sauce
- Chopped green onions for garnishing

INSTRUCTIONS

1. In a medium saucepan, add chicken bone broth and cooking wine. Bring to a boil, then add clams. Cover to cook for about 5 minutes. At this point, the clams should start open.
2. Remove clams and set aside. Let the cooking liquid cool completely.
3. Beat eggs in a medium steam-safe bowl. Stir in the clam cooking liquid and coconut aminos. Combine well. Place clams in the the egg mixture.
4. Use the same saucepan, add some water. Place the egg mixture bowl inside it, allowing the water to come up 1 inch outside the bowl.
5. Cover and turn the heat to high. Steam for 8 minutes, undisturbed. Check to see if the eggs are solidified. If it's still watery, add 2-5 minutes of cooking time.
6. Carefully remove the steamed eggs from the saucepan using oven mitts. Garnish with chopped green onion. Enjoy!

Nutrition information per serving: 1 | Calories: 451 | Sugar: 7.6g | Sodium: 1418.2mg | Fat: 25.6g | Saturated Fat: 6.6g | Trans Fat: 0.1g | Carbohydrates: 23.9g | Fiber: 2.1g | Protein: 30.3g | Cholesterol: 572.5mg



Super Easy Mussel Recipe with White Wine Sauce



15 MINUTES



10 MINUTES



25 MINUTES

Yield: 4 SERVINGS

Category: **GF**

Method: STOVE

Cuisine: AMERICAN

INGREDIENTS

- 2 pounds mussels
- 2 tablespoons unsalted butter
- 1/2 cup onion, diced
- 3 cloves garlic, minced
- Salt to taste
- 3 tablespoons sun-dried tomatoes
- 1 teaspoon red pepper flakes
- 1/2 cup white wine
- 1/2 cup [Kettle & Fire Chicken Bone Broth](#)
- Lemon wedges and parsley for serving

INSTRUCTIONS

1. Clean all mussels by rinsing in cold water. Check if your mussels are debearded already. (Farm-raised mussels are usually debearded.) If not, debeard the mussels by removing a group of brown strings coming out of the side of the mussel. If you see any mussels with their shells open, tap them gently against the countertop. Discard the ones that don't close. Also, discard the mussels with cracked shells.
2. Melt the butter in a large, wide-bottomed skillet or saucepan (with a lid) over medium-high heat. Add the onions, garlic, and a pinch of salt. Sauté until translucent, about 2 minutes.
3. Add sun-dried tomatoes and red pepper flakes and sauté until fragrant, about 30 seconds.
4. Place all the mussels into the pan and pour white wine and chicken bone broth over the mussels.
5. Immediately cover with the lid and let it cook for 5 minutes. Shake the pan once or twice with the lid on during cooking to distribute the mussels.
6. After 5 minutes, open the lid and check the mussels. Nearly all of them should be open by now. Discard the ones that are still closed. If you have too many closed ones, put the lid back on and let it cook for an additional 1-2 minutes.
7. Squeeze some lemon juice, garnish with chopped parsley, and serve directly from the pot or serve over spaghetti with the mussel sauce.

Notes: Nutrition facts were calculated without the spaghetti.

Nutrition information per serving: 1 | Calories: 316 | Sugar: 2.4g | Sodium: 1530.3mg | Fat: 12.4g | Saturated Fat: 4.9g | Unsaturated Fat: 0 | Trans Fat: 0 | Carbohydrates: 19.6g | Fiber: 1.2g | Protein: 29.1g | Cholesterol: 95.7mg



Gluten-Free Mapo Tofu



10 MINUTES



20 MINUTES



30 MINUTES

Yield: 2 SERVINGS

Category: **GF**

Cuisine: CHINESE

INGREDIENTS

- 1 (16-ounce) block soft tofu
- 4 ounces ground beef or ground pork
- 1 teaspoon sesame oil
- 2 teaspoons [Shaoxin wine](#) or dry sherry
- 1 teaspoon cornstarch
- 1/2 teaspoon sea salt
- 3 tablespoons vegetable oil, divided
- 1 tablespoon minced ginger
- 2 teaspoons minced garlic
- 1 1/2 cups [Kettle & Fire Beef Bone Broth](#)
- 1 1/2 tablespoons [hot chili oil with pepper solids](#)
- 1/2 teaspoon finely [ground Sichuan pepper](#) (aka numbing pepper)
- 1 tablespoon cornstarch, dissolved in 2 tablespoons cold water
- 1/2 teaspoon brown sugar
- Salt and pepper to taste (preferably finely ground Sichuan numbing pepper)
- Chopped green onion for garnish

INSTRUCTIONS

1. Cut tofu into half-inch cubes.
2. In a medium saucepan, bring a large amount of salted water to a boil and gently place the tofu into the boiling water. Let it cook for 2 minutes. Drain.
3. Combine ground beef or pork, sesame oil, wine, 1 teaspoon cornstarch (dissolved in 2 tablespoons cold water), and 1/2 teaspoon salt in a medium bowl. Mix well.
4. In a large wok or sauté pan, heat up 1 tablespoon oil over medium heat for about 1 minute. Brown the seasoned meat in oil, breaking it into small pieces with your spatula, about 4-5 minutes. Transfer the meat to the same bowl that you use to season the meat and set aside.
5. Add another 2 tablespoons oil in the same wok. Keep the medium heat. Add ginger and garlic, cook until fragrant, about 1 minute.
6. Pour broth into the wok. Turn the heat up to high and bring the broth to a boil.
7. Add tofu cubes, beef, hot chili oil with pepper solids, and Sichuan pepper into the broth. Shake the wok to distribute the sauce, using a wood spatula to back push the tofu gently. Turn down the heat to simmer for 6-8 minutes.
8. In the meantime, dissolve 1 tablespoon cornstarch in 2 tablespoons cold water.
9. Drizzle the cornstarch mixture into the tofu mixture. Back push it slowly, add brown sugar and continue simmering the tofu in the sauce until it's thickened, about 2 minutes. Taste and add more salt if desired.
10. Dish, sprinkle with finely ground Sichuan numbing pepper or ground black pepper, garnish with chopped green onion and serve over rice.

Notes

1) Boiling tofu in salted water will make the tofu strong and not easy to break.; 2) Browning meat over medium heat allows the meat to be broken into smaller pieces, which is preferred in this dish. If you use high heat, meat will easily turn into bigger chunks.; 3) If you don't have Sichuan numbing pepper, you can still make this recipe with ground black pepper (but the result is going to be less than ideal).; 4) For finely ground Sichuan numbing pepper, toast the peppercorns over medium heat until fragrant, then process them in a food processor.

Nutrition information per serving: 1 | Calories: 639 | Sugar: 3.5g | Sodium: 891.2mg | Fat: 53.7g | Carbohydrates: 14.2g | Protein: 28.4g | Cholesterol: 40.3mg



Thai Stir-Fried Water Spinach Recipe (Morning Glory)



10 MINUTES



5 MINUTES



15 MINUTES

Yield: 2 SERVINGS

Method: STOVE

Cuisine: THAI

INGREDIENTS

- 1 bunch Chinese water spinach (about 1 pound)
- 2 tablespoons high-quality cooking oil with a high smoke point, such as avocado oil or [olive oil](#)
- 2 Thai red chilis, sliced lengthwise
- 4 cloves garlic, smashed
- 1/4 cup [Kettle & Fire Chicken Bone Broth](#)
- For the cooking sauce:
 - 2 tablespoons [oyster sauce](#)
 - 1 tablespoon [fish sauce](#)
 - 1 tablespoon [Chinese cooking wine](#)
 - 1 tablespoon fermented black bean paste (I use [Lee Kum Kee black bean garlic sauce](#))
 - 1 teaspoon sugar (I use brown sugar)

INSTRUCTIONS

1. Trim the ends of water spinach and rinse under cold water to clean. Drain and cut into 2-inch pieces. Set aside.
2. Combine all ingredients of the cooking sauce in a small bowl. Set aside.
3. Heat oil over high heat in a large skillet or a wok. Once the oil is hot, toss red chili and garlic in the pan. Stir for 30 seconds or until fragrant.
4. Add water spinach to the pan, followed by the cooking sauce. Stir fry for about 40 seconds to a minute, until the vegetable is wilted and covered evenly by the sauce.
5. Add chicken bone broth and stir to combine. Serve immediately over rice.

Nutrition information per serving: 1 | Calories: 215 | Sugar: 4.8g | Sodium: 701.6mg | Fat: 15g | Saturated Fat: 2.1g | Carbohydrates: 17.4g | Fiber: 5.1g | Protein: 7.5g



Tex-Mex Chili Con Queso



10 MINUTES



10 MINUTES



20 MINUTES

Yield: 6 SERVINGS

Category: **GF**

Method: STOVE

Cuisine: TEX-MEX

INGREDIENTS

- 1 tablespoon [extra-virgin olive oil](#)
- 1/2 cup finely chopped yellow onion
- 2 cloves garlic, minced
- 1 jalapeño, finely chopped (You can use canned diced jalapeño peppers or green chiles if you prefer; just add them with the tomatoes.)
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 2 tablespoons cornstarch
- 1 cup [Kettle & Fire Chicken Bone Broth](#)
- 8 American cheese singles, cut up
- 1 cup diced tomatoes
- Fresh cilantro for garnishing (optional)

INSTRUCTIONS

1. In a cast-iron skillet or a medium saucepan, heat the oil over medium heat and sauté the onion, garlic, and jalapeño (if using fresh) with cumin, salt, and cornstarch for 2 to 3 minutes, until the onion is translucent.
2. Add the broth and cook for 3 to 4 minutes. Stir constantly, allowing the sauce to thicken.
3. Add the cheese and tomatoes. Carefully simmer the queso over low heat for 3 to 5 minutes. Stir and adjust its thickness to suit your taste by adding more broth or cheese.
4. Serve hot with tortilla chips.

Notes

- *Other cheese alternatives: pepper jack cheese, sharp cheddar cheese.*
- *If using canned jalapeño peppers, add them with the cheese and tomatoes at step 3. Start with 1 tablespoon and adjust the taste by adding more if desired.*

Nutrition information per serving: | Calories: 94 | Sugar: 2.8g | Sodium: 592.4mg | Fat: 3.6g | Saturated Fat: 0.6g | Carbohydrates: 8.5g | Fiber: 0.7g | Protein: 7.7g | Cholesterol: 5.3mg



Chapter Eight

BONE BROTH MAIN COURSE



POULTRY

Garlic Turkey Enchiladas



15 MINUTES



1 HOUR



1 HOUR 15 MINUTES

Yield: 6-8 SERVINGS

Method: STOVE AND OVEN

Cuisine: MEXICAN

INGREDIENTS

FOR THE ENCHILADA FILLING:

- 1 tablespoon unsalted butter
- 1 medium onion, chopped
- 4 cups cooked turkey, diced
- 2 tablespoons all-purpose flour
- 1 tablespoon chili powder
- 1 teaspoon sea salt
- 1 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground sage
- 1 (14.5-oz) can stewed tomatoes

FOR THE ENCHILADA SAUCE:

- 6 cloves garlic, minced
- 1/4 cup unsalted butter
- 1/2 cup all-purpose flour
- 2 cups Kettle & Fire Chicken Bone Broth (1 carton)
- 1 (15-oz) can tomato sauce
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon ground sage
- 1/2 teaspoon sea salt
- 1 dash garlic powder

TO ASSEMBLE:

- 10 large tortillas
- 2 cups Mexican blend cheese
- fresh cilantro for garnishing

INSTRUCTIONS

1. Make the enchilada filling first. Melt butter in a large skillet over medium-high heat. Add onions and cook until fragrant, about 1 minute. Add turkey, followed by flour and all spices for the filling. Mix well.
2. Stir in tomatoes and their juice. Use a pair of scissors to cut the tomatoes into small pieces. Bring to a boil, then reduce heat to medium-low. Simmer for 15 minutes.
3. While the filling is simmering, make the enchilada sauce. In a small saucepan, add garlic and butter. Cook over medium heat until butter is infused and melted. Stir in flour until blended. Gradually stir in broth, stirring constantly.
4. Bring the sauce to a boil. Stir in tomato sauce and all the seasonings. Cook until bubbly. Remove from heat.
5. Now, heat the oven to 350°F.
6. To assemble, pour 1 1/2 cups of the enchilada sauce in a 13×9-inch baking dish and spread to cover the bottom of the dish.
7. Lay one tortilla on a flat surface, place about 1/4 cup turkey mixture in the center of the tortilla and top with 1-2 tablespoons cheese. Roll up tightly and place the seam side down over the sauce in the baking dish. Repeat with the remaining tortillas.
8. Top the enchiladas with the remaining sauce. Cover with foil and bake for 30-35 minutes.
9. Sprinkle with the remaining cheese and bake for another 10-15 minutes, uncovered, until the cheese melts. Garnish with fresh cilantro and serve with avocados. Enjoy!

Nutrition information per serving: 1 | Calories: 287 | Sugar: 4.2g | Sodium: 865mg | Fat: 17g | Saturated Fat: 10.1g | Carbohydrates: 23g | Fiber: 3.3g | Protein: 12.7g | Cholesterol: 50mg



Turkey Pot Pie



10 MINUTES



50 MINUTES



1 HOUR

Yield: 6 SERVINGS

Method: BAKE

Cuisine: AMERICAN

INGREDIENTS

- 3 tablespoons butter
- 1 cup potatoes, diced
- 1 cup onions, diced
- 1 cup celery, diced
- 1 cup carrots, diced
- Salt and pepper to taste
- 1 tablespoon fresh thyme leaves, minced, or 1 teaspoon dried thyme
- 1/2 cup all-purpose flour
- 1 cup [turkey bone broth](#) or [Kettle & Fire Chicken Bone Broth](#)
- 1 cup milk
- 2 cups turkey, cooked and chopped
- 1 pie crust

INSTRUCTIONS

1. Preheat oven to 400°F.
2. In a large non-stick skillet, melt butter over medium-high heat. Add potatoes, onions, celery, and carrots in the skillet. Add a pinch of salt and pepper to taste. Sauté for about 10 minutes or until the vegetables are tender. Stir in thyme leaves while cooking.
3. Sprinkle flour into the pan. Cook for one more minute, stirring constantly. Gradually stir in broth and milk. Reduce heat to medium and cook until the mixture is thickened and bubbly, stirring constantly.
4. Add turkey and stir well.
5. Pour the mixture into a 9-inch pie dish and top with pie crust. Trim off the excess crust alongside the edge of your pie dish. Cut slits in the middle to allow steam to escape.
6. Bake the pie for 40-50 minutes or until pastry is golden brown and the filling is bubbly and cooked through.

Nutrition information per serving: 1 | Calories: 232 | Sugar: 4.2g | Sodium: 155.5mg | Fat: 8.5g | Saturated Fat: 4.4g | Carbohydrates: 31.8g | Fiber: 3.4g | Protein: 7.7g | Cholesterol: 23.3mg



One-Pot Turkey Chili Mac



10 MINUTES



15 MINUTES



25 MINUTES

Yield: 4-6 SERVINGS

Method: STOVE

Cuisine: AMERICAN

INGREDIENTS

- 1 tablespoon coconut oil
- 1 pound ground turkey
- 1/2 teaspoon kosher salt
- 1/4 cup onion, diced
- 2 stalks of celery, diced
- 1/2 cup bell pepper, diced
- 4 cups [Kettle & Fire Chicken Bone Broth](#) (2 cartons)
- 1 (16-oz) jar medium thick and chunky salsa
- 1 (15-16 oz) can reduced-sodium red kidney beans, drained
- 1 (1.25-oz) packet chili seasoning mix
- 8 ounces elbow macaroni
- 2 ounces cheddar cheese, diced
- 1 (8-oz) can no-salt-added tomato sauce
- Parsley leaves for garnishing

INSTRUCTIONS

1. Heat oil in a large saucepan over medium-high. Place ground turkey in the pan and season with salt. Cook 3-4 minutes, using your spatula to crumble the meat.
2. Stir in onion, celery, and bell pepper, cook for 2 more minutes until the turkey is cooked through. Add broth, salsa, beans, and seasoning mix. Bring to a boil.
3. Stir in pasta; cook for 8 minutes, stirring occasionally. Meanwhile, cut cheese into small cubes. Stir in tomato sauce and cook for 1 more minute. Serve the chili with cheese and parsley.

Nutrition information per serving: 1 | Calories: 485 | Sugar: 9.8g | Sodium: 1479.4mg | Fat: 14.3g | Carbohydrates: 58.2g | Protein: 33.7g | Cholesterol: 61.8mg



Slow Cooker Curry Chicken



20 MINUTES



4 HOURS 20 MINUTES



4 HOURS 40 MINUTES

Yield: 6-8 SERVINGS

Category: **GF**

Method: SLOW COOKER

Cuisine: INDIAN

INGREDIENTS

- 4 pounds bone-in chicken thighs, skin removed and fat trimmed
- Salt and pepper
- 1/4 cup cornstarch

FOR THE CURRY SAUCE:

- 3 tablespoons coconut oil
- 3 tablespoons mild or sweet curry powder
- 1 teaspoon garam masala
- 1 tablespoon turmeric
- 2 medium white onions, chopped
- 1 jalapeño pepper, seeded and minced
- 4 cloves garlic, minced
- 1 tablespoon fresh ginger, minced
- 2 tablespoons tomato paste
- Salt to taste
- 2 1/2 cups [Kettle & Fire Chicken Bone Broth](#)
- 3 tablespoons soy sauce (substitute coconut aminos for a gluten-free version of this recipe)

FOR THE SLOW COOKER:

- 1 1/2 pounds red potatoes, scrubbed and cut into 1-inch pieces
- 4 medium carrots, scrubbed and cut into 1-inch pieces
- 1 cup frozen peas
- 2 Roma tomatoes, chopped
- 1 cup coconut milk
- 1/4 cup fresh cilantro

INSTRUCTIONS

1. Season chicken with salt and pepper and coat with cornstarch, set aside.
2. Heat coconut oil in a large skillet over medium heat until shimmering. Add curry powder, garam masala, and turmeric and cook until fragrant, about 10 seconds.
3. Stir in onions, jalapeño pepper, garlic, ginger, tomato paste and a pinch of salt and cook, stirring often, until the onions are lightly browned and softened, about 10 minutes.
4. Add chicken broth into the skillet, scraping up any browned bits.
5. Add soy sauce or coconut aminos. Stir well. Cook until slightly thickened. Remove from heat.
6. Place potatoes and carrots in a 6-quart slow cooker, followed by the chicken.
7. Pour the curry sauce over the chicken. Cover and cook on low for 4-5 hours or until the chicken is tender.
8. Let the cooking liquid settle for 5 minutes and remove fat from the surface using a big spoon. Stir in peas, tomatoes, coconut milk and cilantro. Let it stand until the peas and tomatoes are heated through, about 5 minutes or longer.
9. Taste, season with salt and pepper if desired before serving.

Nutrition information per serving: 1 | Calories: 602 | Sugar: 7.1g | Sodium: 577mg | Fat: 19.9g | Saturated Fat: 12.8g | Carbohydrates: 33g | Fiber: 6.3g | Protein: 71.6g | Cholesterol: 175mg



Roasted Lemon Herb Whole Chicken with Carrots and Onion



15 MINUTES



1 HOUR 45 MINUTES



2 HOURS

Yield: 6 SERVINGS

Category: **GF**

Method: ROAST

Cuisine: AMERICAN

INGREDIENTS

- 1 whole 5-pound chicken
- 2 sprigs fresh rosemary
- 4 sprigs fresh thyme
- 2 lemons, 1 halved and 1 sliced
- 2 tablespoons olive oil
- 1 small onion, thinly sliced
- 1/2 cup white wine
- 1 cup [Kettle & Fire Chicken Bone Broth](#)
- 6 carrots, roughly chopped
- Salt to taste

FOR THE CHICKEN RUB:

- 2 teaspoons poultry seasoning
- 1/2 teaspoon seasoning salt
- 1/2 teaspoon ground mustard
- 1/2 teaspoon black ground pepper
- 1 teaspoon garlic powder

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Rinse chicken and remove giblets. Pat dry with paper towels.
3. Mix chicken rub ingredients in a small bowl and rub onto the chicken, both outside and inside. Stuff the chicken with rosemary, thyme, and 2 lemon halves. Set the chicken aside.
4. In a 10-inch cast-iron skillet, heat up olive oil over medium-high heat, about 2 minutes. Sauté onion for 2-3 minutes until fragrant. Stir in wine and cook until it evaporates, about 3-4 minutes. Add chicken bone broth, carrots, and sliced lemon. Stir well and place the seasoned chicken on top.
5. Bake for 1.5 hours to 2 hours until chicken is completely cooked through and the temperature near the bones reaches 165°F. Baste the chicken with broth and juices a couple times during the roasting process.
6. Once chicken is done, transfer the chicken and the vegetables to a serving plate. Skim as much fat as possible from the surface of the remaining broth and juices in the skillet with a big spoon and bring it to a boil. Cook until the sauce is thickened, about 10 minutes. Season it with salt to taste.
7. Slice chicken; serve with vegetables and sauce.

Notes: If you would like to thicken the sauce more, dissolve 1 tablespoon cornstarch in 2 tablespoons cold water and add to the skillet when boiling. Stir until thickened.

Nutrition information per serving: 1 | Calories: 423 | Sugar: 4g | Sodium: 356.5mg | Fat: 28g | Carbohydrates: 10.8g | Protein: 29.8g | Cholesterol: 115mg



One-Pan Caribbean Jerk Chicken and Vegetables



10 MINUTES



1 HOUR



1 HOUR 10 MINUTES

Yield: 3 SERVINGS

Method: OVEN

Cuisine: CARIBBEAN

INGREDIENTS

- 2 pounds chicken drumsticks, skin on
- 1 medium red onion, coarsely chopped
- 1 pounds red potatoes, quartered
- 1 cup carrot coins or baby carrots
- 3 celery stalks, chopped
- 1 cup [Kettle & Fire Chicken Bone Broth](#)
- 1 tablespoon fresh thyme leaves, minced (or 1 teaspoon dried thyme)

FOR THE MARINADE:

- 1 (0.7-ounce) envelope Italian salad dressing mix
- 2 tablespoons brown sugar
- 2 tablespoons olive oil
- 2 tablespoons soy sauce
- 1 teaspoon cinnamon
- 1 tablespoon fresh thyme leaves, minced (or 1 teaspoon dried thyme)
- 1/2 teaspoon chili powder

INSTRUCTIONS

1. Preheat oven to 400°F.
2. Place all marinade ingredients in a big mixing bowl. Stir until combined well.
3. Rinse chicken drumsticks and pat dry with paper towels and place them in the marinade; turn the drumsticks with tongs to make sure they are well coated. Set aside.
4. Chop vegetables and spread the veggies out at the bottom of a 9x13 inch pan. Pour chicken broth over, then sprinkle with thyme.
5. Now, lay chicken on top of the veggies. Scrape off any remaining marinade into the pan.
6. Bake for 60 minutes. Turn once halfway through.
7. Serve the chicken with vegetables and the sauce from the pan. Enjoy!

Notes

- *Marinating chicken for 1 hour or even overnight will enrich the flavor.*
- *This recipe can be made ahead. Prepare vegetables and marinate chicken. When ready to cook, assemble everything in the pan according to the instructions, then bake.*

Nutrition information per serving: 1 | Calories: 776 | Sugar: 12.7g | Sodium: 1291.8mg | Fat: 38g | Carbohydrates: 46.2g | Protein: 61.4g | Cholesterol: 278.3mg



Creamy Chicken with White Wine and Tarragon



15 MINUTES



5 HOUR



5 HOURS 15 MINUTES

Yield: 6-8 SERVINGS Category: **GF** Method: STOVE AND SLOW COOKER Cuisine: AMERICAN

INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 1 pound button mushrooms, halved if small or quartered if large
- 2 medium onions, finely chopped
- 4 teaspoons minced garlic
- 2 teaspoons minced fresh thyme leaves or 1/2 teaspoon dried thyme
- Salt and pepper to taste
- 1 3/4 cups dry white wine
- 1 1/2 cups [Kettle & Fire Chicken Bone Broth](#)
- 1 pound carrots, peeled and cut into 1-inch pieces
- 2 bay leaves
- 2 tablespoons cornstarch
- 4 pounds bone-in chicken pieces (split breasts or thighs), skin removed
- 1 cup heavy cream
- 1/4 cup minced fresh tarragon leaves

INSTRUCTIONS

1. Heat oil in a large nonstick skillet over medium-high heat. Add mushrooms, onions, garlic, thyme, and a pinch of salt. Cover and cook, stirring often until the mushrooms have released their liquid, about 8-10 minutes.
2. Uncover skillet and continue to cook for a couple more minutes. Stir in wine, scraping up any browned bits, and simmer until thickened, about 5 minutes.
3. Transfer the mixture to a slow cooker and stir in chicken bone broth, carrots, and bay leaves until evenly combined.
4. Season the chicken with salt and pepper, and nestle it into the slow cooker. Cover and cook on low for 4-5 hours or until the chicken is tender and thoroughly cooked through.
5. Transfer the chicken and carrots to a serving platter and tent loosely with foil. Remove fat from the cooking liquid with a spoon. Remove bay leaves.
6. Transfer the cooking sauce to a saucepan and simmer. Stir in 2 tablespoons cornstarch dissolved in 1/4 cup water. Keep stirring and the sauce will thicken; then add the cream and tarragon.

Nutrition information per serving: 1 | Calories: 419 | Sugar: 22.8g | Sodium: 513.8mg | Fat: 28g | Saturated Fat: 12.7g | Trans Fat: 0.6g | Carbohydrates: 15.2g | Fiber: 3g | Protein: 28.2g | Cholesterol: 106.8mg



MEAT

Galbi Jjim - Korean Beef Short Ribs



10 MINUTES



8 HOURS



8 HOUR 10 MINUTES

Yield: 4 SERVINGS

Method: SLOW COOKER AND STOVE

Cuisine: KOREAN

INGREDIENTS

- 1 cup [Kettle & Fire Beef Bone Broth](#)
- 1/4 cup soy sauce
- 1/2 cup onion, sliced
- 2 tablespoons minced garlic
- 1 tablespoon red wine (or cooking wine)
- 1 tablespoon brown sugar
- 2-3 pounds beef short ribs
- 1/2 cup shiitake mushroom, cut into bite-sized pieces
- 5 ounces radish
- 1 cup baby carrots
- 1 tablespoon honey
- 1 tablespoon sesame oil
- Salt and pepper to taste
- 1 stem green onion, chopped

INSTRUCTIONS

1. Season beef bone broth with soy sauce, onion, garlic, red wine and brown sugar. Mix well and set aside.
2. Place short ribs, mushroom, radish, and carrots in a slow cooker.
3. Pour seasoned bone broth over all the ingredients and cook on low for 7-8 hours.
4. Before serving, transfer all solid ingredients from the slow cooker to a large pot. Add 1 cup of sauce from your slow cooker and cook over high heat on your stove. Meanwhile, add honey and sesame oil. Season with salt and pepper. Stir frequently until the liquid evaporates (about 10 minutes).
5. Sprinkle with chopped green onion and serve.

Nutrition information per serving: 1 | Calories: 281 | Sugar: 8.3g | Sodium: 579.5mg | Fat: 13.8g | Saturated Fat: 5g | Trans Fat: 0.8g | Carbohydrates: 14.5g | Fiber: 1.9g | Protein: 26.2g | Cholesterol: 90.7mg



Shanghai-Style Braised Pork Belly with Hard-Boiled Eggs



5 MINUTES



2 HOURS



2 HOURS 5 MINUTES

Yield: 6 SERVINGS

Method: STOVE

Cuisine: CHINESE

INGREDIENTS

- 1 1/2 pounds pork belly, cut into 1.5-inch chunks
- 3 tablespoons [avocado oil](#)
- 3 tablespoons brown sugar or rock sugar, divided
- 3 tablespoons [dark soy sauce](#)
- 2 tablespoons regular soy sauce
- 1/4 cup [Shaoxing wine](#) (or Sherry)
- 1 cup [Kettle & Fire Chicken Bone Broth](#)
- 3 whole star anise
- 2 stems green onions, roughly chopped
- 2 slices of fresh ginger
- 2 cloves garlic, sliced
- 4 hard-boiled eggs, peeled

INSTRUCTIONS

1. Bring 2 quarts of water to a boil in a saucepan. Place pork chunks into the water and blanch for 5 minutes. Drain well and place on a large plate lined with a couple layers of paper towels. Set aside.
2. Heat up a large sauté pan or a wok over medium-low heat for about 5 minutes. Add oil and 2 tablespoons brown sugar. Stir gently until sugar is dissolved in the oil.
3. Meanwhile, pat the pork dry with additional paper towels. Once the sugar is melted, increase heat to medium and carefully add pork into the pan. (The oil might pop due to excess water from the pork. Don't stay too close to the stove and be careful.) Brown all sides of the pork. Flip and let it brown undisturbed, about 30-45 seconds on each side.
4. Once the pork is browned, add dark soy sauce into the pan, stir to combine. Let it cook for 5 minutes.
5. Now, place regular soy sauce, cooking wine, broth, star anise, green onions, ginger, and garlic into the pan. Depending on the size of your cookware, the cooking liquid should come halfway up the pile of pork. If not, simply add more broth. Bring to a boil, then switch to low heat to simmer, covered, for at least an hour, stirring occasionally.
6. Uncover, add eggs and gently push them into the cooking liquid, basting a few times. Cover and simmer for another 15-20 minutes.
7. When the pork is fork tender, sprinkle 1 tablespoon brown sugar and increase heat to medium. Cook uncovered to let the cooking liquid evaporate and thicken, about 10 minutes.
8. When ready to serve, transfer eggs to a plate and cut in half. Serve the pork belly with braised eggs over rice.

Nutrition information per serving: 1 | Calories: 635 | Sugar: 22.8g | Sodium: 713.2mg | Fat: 50.6g | Saturated Fat: 16.5g | Carbohydrates: 26.7g | Fiber: 0.3g | Protein: 13.4g | Cholesterol: 179.3mg



Slow Cooker Beef Burgundy



20 MINUTES



9 1/2 HOURS



9 HOURS 50 MINUTES

Yield: 8-10 SERVINGS

Category: **GF**

Method: SLOW COOKER

Cuisine: FRENCH

INGREDIENTS

- 1 (5-pound) boneless beef chuck eye roast
- Salt and pepper to taste
- 8 ounces (about 6 slices) bacon, cut into 1/4-inch pieces
- 3 medium onion, diced
- 1 medium carrot, peeled and finely chopped
- 1/4 cup tomato paste
- 2 teaspoons brown sugar
- 6 medium garlic cloves, minced (about 2 tablespoons minced garlic)
- 1 tablespoon fresh thyme leaves, minced, or 1 teaspoon dried thyme
- 1/4 cup flour (see note for a gluten-free version)
- 1 (750-ml) bottle Pinot Noir, or any medium-bodied red wine
- 1 cup [Kettle & Fire Chicken Bone Broth](#)
- 1/3 cup soy sauce (see note for a gluten-free version)
- 2 bay leaves
- 2 cups frozen pearl onions
- 10 ounces cremini mushrooms or baby bella mushrooms, roughly sliced
- 1 cup sweet peas
- Chopped parsley for garnishing

INSTRUCTIONS

1. Trim beef chuck eye roast and cut into 1 1/2-inch pieces. Place the prepared beef in a 6-quart slow cooker. Season with salt and pepper.
2. Cook bacon in a large nonstick skillet over medium heat until crisp, about 8 minutes. Transfer the bacon to a plate lined with paper towels, leaving the fat in the skillet. Refrigerate the bacon until serving time.
3. Pour off all but 2 tablespoons of the bacon fat in the skillet. Add onions, carrot, tomato paste, sugar, garlic, thyme, and a pinch of salt. Cook over medium-high heat until the vegetables are softened and lightly browned, about 10-12 minutes. Sprinkle flour all over the vegetables, stirring to coat.
4. Stir in wine, scraping up any browned bits, bring to a simmer, and cook to allow the alcohol evaporates, 10-12 minutes.
5. Pour the mixture over the beef in the slow cooker. Stir in chicken bone broth, soy sauce and bay leaves until evenly combined. Cover and cook on low for 9-11 hours or on high for 5-7 hours, until meat is tender.
6. About 30 minutes before serving, add frozen pearl onions, mushrooms, and sweet peas in the slow cooker. Cook on low until the pearl onions and mushrooms are cooked through.
7. When the cooking is done, let the cooking liquid settle for 5 minutes, then remove as much fat as possible from the surface using a large spoon. Remove the bay leaves. Taste and season with salt and pepper if desired.
8. Reheat the bacon in a microwave on high power for 30 seconds. Serve the beef burgundy over mashed potatoes and sprinkle individual portions with the bacon. Garnish with chopped parsley.

Notes: To make this recipe gluten-free, substitute [Tamari](#) or [coconut aminos](#) for the soy sauce and replace the flour with 3 tablespoons cornstarch as a thickening agent. If using cornstarch, dissolve it in 1/3 cup cold water, then add the mixture at step 4 after the wine is evaporated.

Nutrition information per serving: 1 | Calories: 466 | Sugar: 9.2g | Sodium: 845.7mg | Fat: 26.6g | Saturated Fat: 8.5g | Carbohydrates: 47.8g | Fiber: 4.4g | Protein: 12g | Cholesterol: 36.6mg



Gluten-Free Mongolian Beef



15 MINUTES



2 HOURS



2 HOURS 15 MINUTES

Yield: 6 SERVINGS

Category: **GF**

Method: SLOW COOKER

Cuisine: ASIAN

INGREDIENTS

- 2.5 pounds flank steak/London broil
- 1/2 cup cornstarch
- 1 (8-fl oz) bottle [coconut aminos](#)
- 1 tablespoon sugar
- 3 tablespoons olive oil
- 1 1/2 cups [Kettle & Fire Beef Bone Broth](#)
- 1 tablespoon minced garlic
- 1 teaspoon grated ginger
- 2 cups carrot matchsticks
- Chopped green onions and white sesame seeds for garnishing

INSTRUCTIONS

1. Cut flank steak into 2-inch long thin strips and place them in a medium bowl.
2. Add cornstarch to the bowl. Mix with a spoon or your hands until the beef pieces are evenly coated. Transfer the beef into a slow cooker.
3. In the same bowl, add coconut aminos, brown sugar, olive oil, beef bone broth, minced garlic and ginger. Whisk until combined. Scrape off the cornstarch on the side of the bowl.
4. Pour the sauce over the beef in the slow cooker and add carrot matchsticks. Give all ingredients a gentle stir. Make sure that the beef is coated by the sauce.
5. Cover and cook on high for 2-3 hours or on low for 5-6 hours.
6. Once the beef is done, taste and add more salt if desired. Serve it over rice. Garnish with chopped green onions and white sesame seeds.

Notes: If you choose to use soy sauce, please refer to the below ingredients for the Mongolian beef sauce and follow the same steps to cook it in a slow cooker: 1 cup soy sauce; 1/2 cup brown sugar; 1 1/2 cup bone broth; 3 tablespoons olive oil, 1 tablespoon minced garlic, 1 teaspoon grated ginger.

Nutrition information per serving: 1 | Calories: 493 | Sugar: 2.1g | Sodium: 133mg | Fat: 22.8g | Saturated Fat: 7.5g | Carbohydrates: 12.6g | Protein: 56.1g | Cholesterol: 104mg



Beer Beef



10 MINUTES



3 HOURS 15 MINUTES



3 HOURS 25 MINUTES

Yield: 6 SERVINGS

Method: STOVE AND OVEN

Cuisine: AMERICAN

INGREDIENTS

- 1 3-pound chuck roast
- 1 tablespoon olive oil
- 1 red onion, chopped
- Salt to taste
- 8 ounces cherry tomatoes
- 1 can beer
- 2 tablespoons tomato paste
- 1/4 cup [Kettle & Fire Beef Bone Broth](#)

FOR THE DRY RUB:

- 1 1/2 teaspoons salt
- 1/4 teaspoon ground black pepper
- 1 teaspoon dried thyme
- 1 teaspoon dried parsley
- 1/2 teaspoon dried rosemary
- 1/4 teaspoon nutmeg

INSTRUCTIONS

1. Preheat oven to 325°F.
2. Rinse beef and pat dry with paper towels.
3. Combine all ingredients for the dry rub in a small bowl. Rub onto each side of the chuck roast. Set aside.
4. Heat olive oil in a dutch oven or (an oven-safe skillet with a lid) over medium-high heat. Brown seasoned chuck roast on all sides. Remove the beef from the dutch oven and set aside.
5. Add onion in the dutch oven, a pinch of salt, sauté until fragrant. Add tomatoes, continue to cook until the tomatoes start to soften. Add beer, tomato paste and bone broth. Return the beef and bring to a simmer.
6. Place the dutch oven in the oven, covered; cook for 3-4 hours until tender but not dry.
7. Turn meat once or twice during cooking and baste occasionally.
8. Remove from oven, transfer beef to a serving plate. Let the sauce sit for 5 minutes, remove fat from the surface with a big spoon if desired. Optionally, bring the sauce to a boil on the stove and thicken it with 1 tablespoon cornstarch dissolved in 2 tablespoons cold water.
9. Serve beef with the sauce.

Nutrition information per serving: 1 | Calories: 557 | Sugar: 2.5g | Sodium: 800mg | Fat: 21.4g | Saturated Fat: 7.2g | Carbohydrates: 6.6g | Fiber: 1.2g | Protein: 76.2g | Cholesterol: 229mg



One-Pan Oven Beef Roast with Vegetables



10 MINUTES



35 MINUTES



45 MINUTES

Yield: 4-6 SERVINGS

Category: **GF**

Method: OVEN

Cuisine: AMERICAN

INGREDIENTS

- 2 pounds beef roast (top round roast)
- 3 leeks, sliced
- 1 (16-ounce) bag baby carrots
- 1 pound button mushrooms, chopped
- 2 teaspoon fresh thyme leaves, minced
- 1 1/4 cups [Kettle & Fire Beef Bone Broth](#)

FOR THE MONTREAL SEASONING:

- 1 teaspoon paprika
- 3/4 teaspoon ground black pepper
- 3/4 teaspoon sea salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon dill weed
- 1/2 teaspoon red pepper flakes
- 1 tablespoon fresh cilantro leaves, finely chopped, or 1 teaspoon dried cilantro

INSTRUCTIONS

1. Preheat oven to 350°F. Combine the Montreal seasoning ingredients in a small bowl. Rub on each side of the roast.
2. Arrange vegetables in a roasting pan. Pour Kettle & Fire Beef Bone Broth over. Sprinkle with fresh thyme leaves, salt and ground black pepper to taste.
3. Place seasoned roast on a roasting rack and put the rack on top of the roasting pan. Bake 35-40 minutes, or until meat is 145°F.
4. Remove from the oven, loosely cover the roast with foil, and let it stand for 5 minutes. Slice and serve with vegetables.

Notes

- *The beef is medium rare at 145°F. If you'd like your beef to be medium, roast it for 10-15 more minutes or until the meat temperature reaches 160°F.*
- *If your roast is bigger, add 30 minutes of baking time to each pound of your roast.*
- *Potatoes do very well with this recipe if you are not afraid of carbs.*

Nutrition information per serving: 1 | Calories: 380 | Sugar: 7.2g | Sodium: 490.7mg | Fat: 19g | Carbohydrates: 16.6g | Protein: 36g | Cholesterol: 113.4mg



Slow Cooker Beef Barbacoa



5 MINUTES



8 HOURS



8 HOURS 5 MINUTES

Yield: 8 SERVINGS

Category: **GF**

Method: SLOW COOKER

Cuisine: MEXICAN

INGREDIENTS

- 3–4 pounds beef chuck roast
- 1 medium onion, sliced
- 3–4 chipotle peppers in adobo sauce
- 1 cup [Kettle & Fire Beef Bone Broth](#)
- 4 cloves garlic
- 1 1/2 tablespoons ground cumin
- 1 tablespoon dried oregano
- 2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon ground cloves
- 1/4 cup fresh lime juice
- 3 bay leaves

FOR SERVING:

- Tortillas
- Chopped white onion
- Chopped tomatoes
- Chopped fresh cilantro
- Chopped avocado

INSTRUCTIONS

1. Cut beef into large cubes and place them in a slow cooker. Add onions.
2. Place chipotle peppers, bone broth, garlic, cumin, oregano, salt, pepper, ground cloves, and lime juice in a food processor. Pulse until blended. Pour the mixture over the beef. Add bay leaves.
3. Cover and cook on low for 8-9 hours or on high for 6 hours. Shred the beef with two forks. Use tongs to serve the barbacoa in tortillas with your desired toppings.

Nutrition information per serving: 1 | Calories: 646 | Sugar: 1.7g | Sodium: 790mg | Fat: 47.9g | Saturated Fat: 18.9g | Carbohydrates: 5.2g | Fiber: 1.1g | Protein: 46g | Cholesterol: 175mg



Spicy Lamb Stew with Daikon



10 MINUTES



1 HOURS 45 MINUTES



1 HOUR 55 MINUTES

Yield: 4

Method: STOVE

Cuisine: CHINESE

INGREDIENTS

- 2 pounds lamb stew meat or boneless lamb leg, cut into 2-inch pieces
- 3 tablespoons [extra-virgin olive oil](#)
- 5 cloves garlic, peeled and smashed
- 2 Thai chilis, sliced
- 1/2 ounce fresh ginger root, sliced
- 1/4 cup [Shaoxing wine](#) or sherry
- 3 tablespoons [dark soy sauce](#)
- 2 tablespoons [light soy sauce](#)
- 1 cup [Kettle & Fire Chicken Bone Broth](#)
- 1 tablespoon brown sugar
- 2 teaspoons ground cumin
- 3 whole star anise
- 12 ounces daikon, peeled and cubed
- 3 tablespoons cornstarch
- Chopped green onion for garnishing

INSTRUCTIONS

1. In a large saucepan, cover lamb with water and bring to a boil, about 5 minutes. Drain and rinse to clean. Set aside.
2. Rinse the same saucepan and dry it completely or use a large dutch oven. Heat olive oil over medium heat for about 2 minutes; add garlic, chili, and ginger. Saute for a minute or until fragrant.
3. Add lamb into the dutch oven; cook for 5 minutes, stirring frequently.
4. Add Shaoxing wine or sherry, followed by dark soy sauce, light soy sauce, chicken bone broth, brown sugar, and ground cumin. Drop star anise into the pan and switch to high heat. Cover and bring to a boil. Turn the heat down to low, simmer for 1½ hours.
5. 45 minutes before cooking is finished, add daikon to the lamb stew, stir to coat with the sauce, and continue simmering until done.
6. Dissolve cornstarch in ¼ cup cold water and stir into the lamb stew. Once the stew is thickened, turn off the heat.
7. Garnish with green onion and serve over rice or mashed potatoes.

Notes: If you are not a fan of daikon, you can substitute carrots, potatoes, or other root vegetables.



Smoked Paprika Beef Goulash



20 MINUTES



8 HOURS



8 HOUR 20 MINUTES

Yield: 4 SERVINGS

Category: **GF**

Method: STOVE AND SLOW COOKER

Cuisine: AMERICAN

INGREDIENTS

- 2 tablespoons olive oil
- 2 medium onions, sliced
- 1/4 cup smoked Spanish paprika
- 1 teaspoon sea salt
- 1 (6-ounce) can tomato paste
- 4 teaspoons minced garlic
- 1 teaspoon ground cumin
- 2 tablespoons cornstarch
- 1 1/2 cups [Kettle & Fire Beef Bone Broth](#)
- 1 bay leaf
- 3 pounds beef chuck eye roast, trimmed and cut into 1 1/2-inch pieces
- 1 (10-ounce) package frozen sweet peas
- 1/2 cup sour cream

INSTRUCTIONS

1. Heat oil in a nonstick skillet over medium-high heat until simmering. Add onion, paprika, salt, tomato paste, garlic and cumin. Cook, stirring often until the onions are softened and lightly browned (about 8-10 minutes).
2. Stir in cornstarch. Mix until the cornstarch is evenly distributed.
3. Stir in beef bone broth and stir until the mixture is thickened, scraping up any browned bits (about 2-3 minutes).
4. Transfer the mixture into a slow cooker. Add bay leaf. Lightly season beef with salt and pepper and add to the slow cooker. Cover and cook on low for 8-10 hours or on high for 5-7 hours.
5. Let the cooking liquid settle for a few minutes and remove as much fat as possible from the surface by using a big spoon. Remove the bay leaf, as well.
6. Reserve 1 cup of the cooking liquid in a small bowl. Add peas and cover the slow cooker for another 5 minutes.
7. Add sour cream to the small bowl. Mix with cooking liquid until well blended.
8. Once the peas are tender, stir the sour cream mixture back into the slow cooker. Serve the goulash over egg noodles, rice, or potatoes.

Nutrition information per serving: 1 | Calories: 676 | Sugar: 17.1g | Sodium: 1131.4mg | Fat: 28.9g | Saturated Fat: 8.8g | Trans Fat: 1.2g | Carbohydrates: 33g | Fiber: 4.9g | Protein: 75.3g | Cholesterol: 262.6mg



Braised Lamb with Red Wine Sauce



15 MINUTES



9 HOURS



9 HOUR 15 MINUTES

Yield: 6 SERVINGS Category: **GF** Method: STOVE AND SLOW COOKER Cuisine: AMERICAN

INGREDIENTS

- 1 4- to 5-pound lamb shank
- Salt and pepper to taste
- 3 tablespoons olive oil, divided
- 1 large onion, diced
- 1 cup carrots, diced
- 1 cup celery, diced
- 4 cloves garlic, crushed
- 1 tablespoon tomato paste
- 1 tablespoon ground cumin
- 1 tablespoon fresh thyme leaves
- 2 cups dry red wine
- 1 cup [Kettle & Fire Chicken Bone Broth](#)
- 3 tablespoons cornstarch, dissolved in 1/3 cup cold water
- Fresh chopped parsley for garnishing

INSTRUCTIONS

1. Season lamb with salt and pepper. Heat 2 tablespoons olive oil in a large nonstick skillet over medium-high heat and sear the lamb on each side. Place lamb in a slow cooker.
2. In the same skillet, add another tablespoon olive oil. Add onions, carrots, celery, garlic, tomato paste, cumin, thyme, and 1/4 teaspoon salt and cook, stirring often, until the onions are softened, about 8-10 minutes.
3. Stir in wine, scraping up any browned bits, bring to a simmer, and cook until the mixture measures about 3 cups, 10-12 minutes.
4. Pour the mixture over the lamb in the slow cooker. Add chicken bone broth. Cover and cook on low for 9-10 hours or on high for 5-6 hours.
5. Transfer the lamb to a large serving plate, tent loosely with foil, and let it rest.
6. In the meantime, remove fat from the surface of the sauce with a spoon. Transfer the sauce into a saucepan. Bring to a simmer and stir in dissolved cornstarch until the sauce is thickened.
7. Serve the lamb with hummus and the sauce. Garnish with parsley.

Nutrition information per serving: 1 | Calories: 589 | Sugar: 2.4g | Sodium: 299.9mg | Fat: 23.3g | Saturated Fat: 6.7g | Carbohydrates: 10g | Fiber: 1.5g | Protein: 79.3g | Cholesterol: 242.8mg



ONE-DISH MEALS

Mushroom Risotto with Sweet Peas



5 MINUTES



1 HOUR 40 MINUTES



1 HOUR 45 MINUTES

Yield: 4

Category: **GF**

Method: STOVETOP OR SLOW COOKER

Cuisine: ITALIAN

INGREDIENTS

- 3 tablespoons extra virgin olive oil
- 2 teaspoons minced garlic
- 1 small onion, diced
- Salt to taste
- 1 cup Arborio rice
- 1/2 cup dry white wine
- 1 pound baby bella mushrooms, sliced
- 3 cups [Kettle & Fire Mushroom Chicken Bone Broth](#)
- 1 cup frozen sweet peas
- 1/4 cup freshly grated parmesan cheese
- Freshly cracked black pepper
- Chopped parsley leaves for garnishing

INSTRUCTIONS

1. Heat olive oil over medium-high heat in a large saucepan.
2. Once the oil is hot, around 2 minutes, place garlic and onion in the pot. Add a pinch of salt. Use a wooden or silicone spatula, sauté, and let the onion sweat for about 1-2 minutes.
3. Add Arborio rice. Toast the rice in the pot for 1 or 2 minutes, stirring constantly, until lightly brown.
4. Stir in wine. Cook until the alcohol evaporates, stir often.
5. Add mushrooms into the pot, stir and cook for another 1-2 minutes.
6. Add 1 cup chicken bone broth to the pan and bring to a boil, stir constantly. Add 1 cup broth at a time; simmer until all broth is absorbed.
7. Turn off the heat, stir in parmesan cheese. Dish, sprinkle with freshly cracked black pepper, and garnish with parsley leaves.

Notes: Slow cooker method: Heat olive oil over medium-high heat in a large saucepan. Follow the instructions from step 2 to 5. Transfer to a slow cooker. Add 2 cups broth in the slow cooker. Cover and cook on high for 1 1/2 hours. Turn off the cooker. Stir in parmesan cheese. Dish, sprinkle with freshly cracked black pepper and garnish with parsley leaves.

Nutrition information per serving: 1 | Calories: 353 | Sugar: 3.5g | Sodium: 624mg | Fat: 12g | Saturated Fat: 1.9g | Carbohydrates: 47.1g | Fiber: 3.4g | Protein: 9.9g | Cholesterol: 47.1g



One-Pot Kimchi Ramen



15 MINUTES



15 MINUTES



30 MINUTES

Yield: 4 SERVINGS

Method: STOVE

Cuisine: KOREAN

INGREDIENTS

- 8 ounces pork belly (skinless), sliced

FOR THE PORK MARINADE:

- 3 cloves garlic, minced
- 1 tablespoon fresh ginger, minced
- 1 tablespoon sherry
- 1 tablespoon soy sauce

FOR THE KIMCHI RAMEN:

- 4 soft boiled eggs, halved
- 1/2 medium onion, thinly sliced
- 1 cup shiitake mushrooms, sliced
- Half block of firm tofu, sliced

- 4 ounces enoki mushrooms
- 4 baby bok choy, halved
- 1 cup kimchi, firmly packed (I use [homemade kimchi](#).)
- 1/2 cup kimchi juice
- 4 cups [Kettle & Fire Chicken Bone Broth](#) (2 cartons)
- 2 tablespoons [spicy red pepper paste](#)
- 1 tablespoon [Korean red pepper powder](#)
- 2 packages ramen
- Chopped green onions for garnishing

INSTRUCTIONS

1. Combine all the ingredients for the pork marinade in a medium bowl.
2. Cut the pork belly slices into 2-inch long pieces. Add the pork into the marinade. Stir well and set aside.
3. In a small saucepan, bring 2 cups water to a boil. Carefully place eggs into the boiling water. Let them cook for 5 minutes. Scoop eggs from saucepan and place in cold water.
4. Meanwhile, slice onion, shiitake mushrooms, and tofu; clean enoki mushrooms and chop off the ends; wash baby bok choy and cut them in half. Set all prepared ingredients aside.
5. In a medium saucepan, cook marinated pork belly over medium-high heat for about 2 minutes, stirring often.
6. Add onion and kimchi. Sauté until fragrant, about 2 minutes.
7. Add kimchi juice, broth, red pepper paste, red pepper powder and bring to a boil.
8. Once the soup base is boiling, add ramen and shiitake mushrooms. Let it cook for 3 minutes.
9. Add tofu, enoki mushrooms, and bok choy and cook for 2 minutes or until ramen is tender. Turn off heat.
10. Peel eggs and cut in half.
11. Dish the kimchi ramen and serve with halved eggs. Garnish with chopped green onions.

Nutrition information per serving: 1 | Calories: 661 | Sugar: 4.6g | Sodium: 900.5mg | Fat: 44.3g | Saturated Fat: 16.2g | Carbohydrates: 37.9g | Fiber: 3.7g | Protein: 26.2g | Cholesterol: 231.9mg



Curried Lentils with Sweet Potatoes and Chickpeas



15 MINUTES



35 MINUTES



50 MINUTES

Yield: 8 SERVINGS

Category: **GF**

Method: STOVE

Cuisine: AMERICAN

INGREDIENTS

- 1/4 cup coconut oil
- 1 large red onion, diced
- Salt to taste
- 2 tablespoons curry powder
- 2 teaspoons cumin powder
- 2 teaspoons mustard seed
- 1 teaspoon ground coriander
- 8 ounces brown lentils
- 3 medium sweet potatoes
- 4 cups [Kettle & Fire Chicken Bone Broth](#) (2 cartons)
- 1 (28-oz) can fire-roasted diced tomatoes
- 1 (28-oz) can chickpeas, drained
- Fresh chopped parsley for garnishing

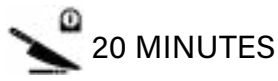
INSTRUCTIONS

1. Heat coconut oil over medium heat in a large saucepan for about 1 minute.
2. Add onion and a pinch of salt. Sauté until onions are translucent.
3. Add curry powder, cumin, mustard seed, and coriander and cook for 1 minute, stirring often.
4. Stir in lentils, sweet potatoes, broth, and tomatoes. Bring to a boil and let it simmer for 25 minutes, covered, or until the lentils and sweet potatoes are tender.
5. Stir in chickpeas and cook until they are heated through, about 2 minutes.
6. Dish and garnish with chopped parsley. Enjoy!

Nutrition information per serving: 1 | Calories: 373 | Sugar: 10.1g | Sodium: 407.3mg | Fat: 10.8g | Carbohydrates: 56.9g | Protein: 16.2g



Crock Pot Jambalaya



20 MINUTES



3 HOURS



3 HOURS 20 MINUTES

Yield: 6 SERVINGS

Method: SLOW COOKER

Cuisine: AMERICAN

INGREDIENTS

- 12 ounces boneless skinless chicken breasts, finely diced
- 6 ounces Andouille sausage (or any type of smoked sausage), sliced
- 1 green bell pepper, finely diced
- 1 medium red onion, chopped
- 2 celery stalks, chopped
- 8 ounces white mushrooms, sliced
- 2 cups tomato, diced
- 4 cloves of garlic, pressed or minced
- 1 tablespoon cilantro leaves, finely chopped
- 2 1/2 cups [Kettle & Fire Chicken Bone Broth](#)
- 1/3 cup tomato paste
- 1 tablespoon olive oil
- 1 teaspoon Louisiana Hot Sauce
- 1/2 teaspoon sea salt
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon thyme
- 1/2 teaspoon ground pepper
- 1 teaspoon ground cumin
- 12 ounces raw large shrimp, peeled and deveined
- 2 cups Jasmine rice or regular white rice

INSTRUCTIONS

1. Place all the ingredients in your crock pot, excluding shrimp and rice. Stir well.
2. Set the crock pot on high and cook for 2-3 hours.
3. About 40 minutes before serving, add rice and shrimp to the crock pot. Stir and make sure the rice is completely covered. Continue cooking on high for 40 minutes, until the rice is tender.

Notes

- If using brown rice, prepare to stir it into the crock pot an hour before serving, because brown rice takes more time to cook.
- For best results, I recommend enjoying this jambalaya the same day as it's cooked. Storing any leftovers will likely affect the rice texture. However, you can totally cook the rice separately and pour the crock pot jambalaya mixture over the cooked rice. Then you can enjoy the leftovers as well!

Nutrition information per serving: 1 | Calories: 343 | Sugar: 3.9g | Sodium: 565.4mg | Fat: 12.8g | Saturated Fat: 3.4g | Trans Fat: 0.1g | Carbohydrates: 25g | Fiber: 1.7g | Protein: 31.8g | Cholesterol: 152mg



Chicken Mushroom Risotto



10 MINUTES



30 MINUTES



40 MINUTES

Yield: 4 SERVINGS

Category: **GF**

Cuisine: ITALIAN

INGREDIENTS

- 3 tablespoons olive oil
- 2 garlic cloves, minced
- 1 small onion, diced
- 1/2 cup carrots, diced
- Sea salt to taste
- 1 cup arborio rice
- 1/2 cup white wine (optional)
- 1/2 teaspoon dried thyme
- 3 cups [Kettle & Fire Mushroom Chicken Bone Broth](#)
- 6 ounce mushrooms, sliced
- 8 ounce frozen brussels sprouts
- 1 cup shredded chicken, cooked
- 1/4 cup chopped fresh parsley
- 1/2 cup freshly grated parmesan cheese
- Freshly ground black pepper

INSTRUCTIONS

1. Heat olive oil over medium heat in a medium saucepan. Add garlic and cook until fragrant.
2. Place onion and carrots in the saucepan, add a pinch of salt, and turn the heat up to high. Cook until the onions are translucent, stirring often, about 1 minute.
3. Stir in rice, followed by thyme. Let the rice toast in the saucepan and coat with oil until it starts turning slightly brown, stirring often, about 2-3 minutes.
4. Add wine and continue stirring until the alcohol evaporates, about 1 minute. Pour chicken broth into the pan and bring to a boil.
5. Once it's boiling, stir in mushrooms and brussels sprouts and bring to a boil again, stirring occasionally.
6. Add shredded chicken and turn the heat down to low. Cover and simmer for 15 minutes until the chicken broth is absorbed by the rice. Uncover, stir in parsley and parmesan cheese. Keep stirring until the cheese is melted.
7. Turn off the heat. Season with freshly ground black pepper. Transfer the risotto to serving bowls. Garnish with more parsley and serve immediately.

Notes: If you don't wish to cook with wine, substitute more bone broth for it.

Nutrition information per serving: 1 | Calories: 508 | Sugar: 4.2g | Sodium: 947mg | Fat: 19.2g | Saturated Fat: 6.2g | Carbohydrates: 50.6g | Fiber: 4.8g | Protein: 29.7g | Cholesterol: 47mg



One-Pot Pasta e Fagioli



10 MINUTES



30 MINUTES



40 MINUTES

Yield: 5 SERVINGS

Cuisine: ITALIAN

INGREDIENTS

- 1 tablespoon extra virgin olive oil
- 1 pound lean ground beef
- Salt to taste
- 1 teaspoons dried oregano
- 1 medium onion, diced
- 1 cup carrots, diced
- 2 celery stalks, sliced
- 1 large tomato, diced
- 1 (15-ounce) can red kidney beans, rinsed and drained
- 2 cups [Kettle & Fire Beef Bone Broth](#)
- 2 cups spaghetti sauce
- 8 ounces pasta shells
- 1-2 teaspoons hot sauce (I use Tabasco), optional
- 1/4 cup chopped fresh parsley
- Freshly ground black pepper
- 1/2 cup shredded or freshly grated parmesan cheese

INSTRUCTIONS

1. In a large pot, heat olive oil over medium heat. Add ground beef and break it up with a spatula. Cook until the beef starts to brown. In the meanwhile, season with salt and oregano.
2. Add onions, carrots, celery, and tomatoes into the pot. Mix well and cook for about 10 minutes, stirring occasionally.
3. Add beans, beef broth, spaghetti sauce, followed by pasta shells; drizzle hot sauce in the pot if using; stir and mix well. Bring to a boil and then simmer for 15-20 minutes on medium-low heat, or until the pasta is tender.
4. Add freshly ground black pepper to taste and stir in parsley, then top with parmesan cheese. Dish, garnish with more parsley or cheese. Enjoy!

Notes: If you are looking for a more soupy version, add 1 more cup beef broth and spaghetti sauce at step 3.

Nutrition information per serving: 1 | Calories: 593 | Sugar: 14g | Sodium: 1080.9mg | Fat: 18.1g | Carbohydrates: 68g | Protein: 39.2g | Cholesterol: 68.8mg



Creamy Mushroom Pasta



5 MINUTES



15 MINUTES



20 MINUTES

Yield: 1 SERVING

Method: STOVE

Cuisine: ITALIAN

INGREDIENTS

- 1 serving pasta (I used whole wheat linguine)
- 1 tablespoon unsalted butter
- 2 garlic cloves, minced
- 8 ounces white button mushrooms, stems removed
- 2 tablespoons dry white wine
- 1/4 cup heavy cream
- 1/4 cup [Kettle & Fire Chicken Bone Broth](#)
- Salt to taste
- 1/4 cup grated parmesan cheese
- Freshly ground black pepper
- Chopped fresh parsley for garnishing

INSTRUCTIONS

1. In a large pot, cook pasta in salted boiling water for 8-9 minutes according to the package directions or until al dente. Drain.
2. Meanwhile, in a large skillet, melt butter over medium-high heat. Stir in minced garlic and let it cook for about 30 seconds until fragrant.
3. Place mushrooms in the skillet, cup side up. Cook for 3-5 minutes or until mushrooms start shrinking, moving them around with a spatula occasionally.
4. Add white wine; continue cooking to let the wine and mushroom juice evaporate, about 3 minutes.
5. Pour heavy cream and chicken bone broth into the skillet, add a generous pinch of salt. Switch to medium heat and cook until the cooking liquid is slightly thickened, flipping the mushrooms a couple times.
6. Spread parmesan cheese over the mushrooms and gently stir until the cheese is melted. Taste and add more salt if desired.
7. Toss the cooked pasta into the skillet. Combine well with the mushroom mixture, then transfer to a serving plate.
8. Sprinkle with freshly ground black pepper and garnish with chopped parsley. Add more grated parmesan cheese if desired. Enjoy!

Notes

- I used whole white button mushrooms. You can use sliced portobello mushrooms or baby bella mushrooms for this recipe.
- To make more servings, simply double the ingredients.

Nutrition information per serving: 1 | Calories: 582 | Sugar: 7.2g | Sodium: 400.9mg | Fat: 39.8g | Saturated Fat: 24.5g | Trans Fat: 0.7g | Carbohydrates: 33.9g | Fiber: 3.3g | Protein: 21.7g | Cholesterol: 113.4mg



Classic Shepherd's Pie



10 MINUTES



35 MINUTES



45 MINUTES

Yield: 6 SERVINGS

Method: OVEN

Cuisine: AMERICAN

INGREDIENTS

- 1 tablespoon [extra-virgin olive oil](#)
- 3-4 large carrots, finely diced
- 1 large onion, finely diced
- 3 cloves garlic, minced
- 1 pound ground beef
- Salt and ground black pepper to taste
- 2 teaspoons fresh thyme leaves
- 1 tablespoon butter
- 1 cup frozen peas
- 2 tablespoons all-purpose flour
- 2 tablespoons tomato paste
- 1/4 cup red wine
- 2 tablespoons Worcestershire sauce
- 1 cup [Kettle & Fire Chicken Bone Broth](#)
- 6 cups mashed potatoes (fresh or leftover)
- 1 egg, beaten
- grated parmesan cheese or cheddar cheese (optional)

INSTRUCTIONS

1. Preheat oven to 400°F.
2. Heat the olive oil over medium-high heat in a large sauté pan until hot. Sauté carrots in the olive oil until starting to get tender, about 2-3 minutes.
3. Stir in onions and garlic and sauté for a minute or two, then add ground beef. Season with salt and black pepper, add thyme, and cook until the meat mixture is browned; drain.
4. Reduce to medium heat; add the butter and peas; stir until the butter is melted.
5. Sprinkle with flour and stir until well blended.
6. Add tomato paste, wine, and Worcestershire sauce.
7. Cook until the beef mixture reduces slightly, then add the chicken bone broth. Allow the filling to thicken and season with more salt and pepper if desired.
8. Remove from heat. Transfer the filling to a lightly greased casserole dish; spoon or pipe the mashed potatoes over top. Brush the surface with the beaten egg and sprinkle with cheese if using.
9. Bake for 20 minutes or until the potato is golden brown. Enjoy!

Notes: To make this recipe gluten-free, substitute 2 tablespoons cornstarch for the flour. Dissolve it in a little cold broth or water, then add the mixture at step 5.

Nutrition information per serving: 1 | Calories: 458 | Sugar: 9.6g | Sodium: 877.7mg | Fat: 19.2g | Saturated Fat: 9g | Trans Fat: 0.4g | Carbohydrates: 44.4g | Fiber: 7.6g | Protein: 25.4g | Cholesterol: 111.9mg



White Chili



10 MINUTES



25 MINUTES

Yield: 4 SERVINGS

Category: **GF**

Method: STOVE

Cuisine: AMERICAN

INGREDIENTS

- 1 tablespoon coconut oil
- 1 medium onion, chopped
- 3 cloves garlic, crushed
- 1 (4-oz) can chopped green chili peppers
- 8 ounces mushrooms, sliced
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 4 cups [Kettle & Fire Chicken Bone Broth](#) (2 cartons)
- 4 cups cooked turkey, diced
- 2 (15-oz) cans white beans (great northern, cannellini or chickpea)
- 1 cup shredded Monterey Jack cheese
- Fresh parsley leaves for garnishing

INSTRUCTIONS

1. Heat the oil in a large saucepan over medium heat.
2. Add onion and garlic. Slowly cook until fragrant.
3. Mix in the green chile peppers, mushroom, cumin, and oregano. Continue to cook and stir the mixture until tender, about 3 minutes.
4. Add bone broth, turkey, and white beans. Simmer 15 minutes, stirring occasionally.
5. Dish the chili. Add cheese and garnish with parsley leaves. Enjoy!

Notes: This recipe can also be made with cooked chicken.

Nutrition information per serving: 1 | Calories: 746 | Sugar: 5.6g | Sodium: 870.9mg | Fat: 21.2g | Saturated Fat: 9.4g | Trans Fat: 0.1g | Carbohydrates: 42.5g | Fiber: 11.9g | Protein: 93.7g | Cholesterol: 252.3mg



Chapter Nine
BONE BROTH SAUCES



Chimichurri Sauce



5 MINUTES



5 MINUTES

Yield: 1 cup

Category: **GF**

Method: BLEND

Cuisine: ARGENTINEAN

INGREDIENTS

- 1 cup lightly packed fresh parsley
- 2 large cloves garlic
- 1 teaspoon dried thyme
- 1/4 teaspoon red pepper flakes
- 1/4 cup [Kettle & Fire Beef Bone Broth](#)
- 1/4 cup organic red wine vinegar
- 1/4 cup extra-virgin olive oil
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1/4 ripe avocado

INSTRUCTIONS

1. Place all ingredients in a food processor, blend for about 30 seconds or until all ingredients are combined well. If it's too thin to your liking, add more avocado. If it's too thick, add more beef bone broth.
2. Pour the chimichurri sauce into an 8-ounce mason jar. Cover and store in the fridge for up to 2 weeks.

Nutrition information per serving: 1 | Calories: 505 | Sugar: 1.5g | Sodium: 1228mg | Fat: 50.7g | Saturated Fat: 7.3g | Carbohydrates: 11.6g | Fiber: 2.9g | Protein: 5.6g



Salsa de Guajillo



10 MINUTES



0 MINUTES



10 MINUTES

Yield: 3 CUPS

Category: **GF**

Method: BLEND

Cuisine: MEXICAN

INGREDIENTS

- 4 Roma tomatoes, toasted
- 1/3 cup white onion, sliced
- 1 small clove garlic
- 1/2 cup [Kettle & Fire Chicken Bone Broth](#)
- 6 Guajillo chilies, toasted and seeded
- 1/2 teaspoon salt

INSTRUCTIONS

1. Preheat oven to 350°F. Toast Roma tomatoes and Guajillo chilies together for 10 minutes. Flip the chilies halfway through the toasting time.
2. Place all prepared ingredients in a food processor or blender. Blend well.
3. Use a colander to filter out any solid pieces to ensure a smooth salsa if you like. (I usually skip this step.)

Nutrition information per serving: 1 | Calories: 32 | Sugar: 3.9g | Sodium: 258.7mg | Fat: 0.2g | Carbohydrates: 44.4g | Fiber: 2.9g | Protein: 1.3g | Cholesterol: 0.8mg



Salsa Verde



10 MINUTES



0 MINUTES



10 MINUTES

Yield: 3 CUPS

Category:



Method: BLEND

Cuisine: MEXICAN

INGREDIENTS

- 8 oz tomatillos (usually called green tomatoes)
- 2 avocados
- 5 serrano peppers
- 1/2 teaspoon salt
- 1/3 cup white onion, sliced
- 1/2 cup cilantro, loosely packed
- 1 cup [Kettle & Fire Chicken Bone Broth](#)

INSTRUCTIONS

1. Place all prepared ingredients in a food processor or blender. Blend well and preserve.

Notes: Put one of the avocado seeds in the salsa when preserving to prevent color from changing.

Nutrition information per serving: 1 | Calories: 167 | Sugar: 10.6g | Sodium: 337mg | Fat: 10.5g | Saturated Fat: 1.2g | Carbohydrates: 17.2g | Fiber: 7.6g | Protein: 4.7g | Cholesterol: 1.7mg



Salsa de Cacahuate



10 MINUTES



0 MINUTES



10 MINUTES

Yield: 3 CUPS

Category:



Method: BLEND

Cuisine: MEXICAN

INGREDIENTS

- 4 Roma tomatoes
- 5 dried chilies
- 1/2 cup peanuts, toasted
- 2 tablespoons white sesame seeds, toasted
- 1 clove garlic
- 1/3 cup white onion, sliced
- 1/2 cup [Kettle & Fire Chicken Bone Broth](#)
- 1/2 teaspoon salt
- 2 tablespoons olive oil

INSTRUCTIONS

1. Preheat oven to 350°F. Toast Roma tomatoes, peanuts, and white sesame seeds together for 8-10 minutes.
2. Place all prepared ingredients (except the olive oil) in a food processor or blender. Blend well.
3. Cook the salsa in olive oil over low heat for 10 minutes. Let cool and preserve. (This step is optional.)

Nutrition information per serving: 1 | Calories: 394 | Sugar: 6g | Sodium: 364.9mg | Fat: 33.9g | Saturated Fat: 5.9g | Carbohydrates: 18g | Fiber: 4.6g | Protein: 11.9g | Cholesterol: 0.8mg



Chapter Ten
BONE BROTH SOUPS

Hot and Sour Soup



15 MINUTES



10 MINUTES



25 MINUTES

Yield: 4-6 SERVINGS

Category: **GF**

Method: STOVE

Cuisine: CHINESE

INGREDIENTS

- 1/2 cup shiitake mushrooms, sliced
- 1/2 cup enoki mushrooms
- 1/2 cup carrots, cut into matchsticks
- 1/2 cup broccoli stems, cut into matchsticks (stems, not florets)
- 6 cups [Kettle & Fire Chicken Bone Broth](#)
- 1/2 teaspoon brown sugar
- 3 tablespoons balsamic vinegar
- 1/4 (16-ounce) block extra firm tofu, cut into strips
- 2 tablespoons cornstarch, dissolved in 1/4 cup cold water
- 1 egg, beaten
- 3/4 teaspoon ground black pepper
- Fresh cilantro leaves for garnishing

INSTRUCTIONS

1. Place shiitake mushrooms, enoki mushrooms, carrots, broccoli stems and chicken bone broth in a large saucepan. Add a pinch of salt and bring to a boil.
2. Turn the heat to medium, add sugar, vinegar and tofu. Gently stir.
3. Slowly stir the dissolved cornstarch into the soup. Keep stirring. The soup will start thickening. Add the beaten egg and immediately start stirring. Turn off the heat. The egg should break into very small pieces that float on the surface of the soup.
4. Season the soup with 1/4 teaspoon ground black pepper first. Taste and add more if desired. (I found that 3/4 teaspoon black pepper is perfect for my taste, but you can adjust the amount according to your preference.) Dish and garnish with cilantro. Serve warm.

Notes: If desired, you can add 2 sticks imitation crab meat to the soup. Add it with the tofu at step 2. Imitation crab meat contains wheat.

Nutrition information per serving: 1 | Calories: 153 | Sugar: 6g | Sodium: 368.4mg | Fat: 5.3g | Carbohydrates: 15.9g | Protein: 10.6g | Cholesterol: 33.9mg



Beef Noodle Soup (Szechuan Style)



10 MINUTES



45 MINUTES



55 MINUTES

Yield: 4 SERVINGS

Method: STOVE

Cuisine: CHINESE

INGREDIENTS

- 1 pound beef stew meat
- 4 ounces watercress
- 12-15 shiitake mushrooms
- 4 eggs, soft boiled
- 8 ounces Chinese noodles, or ramen, or udon
- 1-inch chunk ginger, sliced
- 4 cloves garlic, smashed and roughly sliced
- 5 cups [Kettle & Fire Beef Bone Broth](#)
- 1 tablespoon red wine
- ¼ cup [spicy chili bean sauce](#)
- 2 tablespoons brown sugar
- 5 tablespoons olive oil, divided
- 3 star anises
- 2 teaspoons five-spice powder
- 2 tablespoons soy sauce
- 1 stem green onion, chopped for garnishing
- Sesame oil
- Salt and pepper

INSTRUCTIONS

1. Place beef stew meat in a medium bowl; add red wine and a pinch of salt and pepper; stir well.
2. In a large saucepan, heat up 2 tablespoons olive oil over medium-high heat; add seasoned beef, stir until the outside of the beef starts turning brown (about 5 minutes).
3. Add 5 cups beef bone broth into the saucepan. Switch heat to high and bring to a boil, then simmer.
4. While the meat is simmering, heat up 3 tablespoons olive oil over medium-high heat in a small skillet (about 2 minutes).
5. Add sugar and fry until it starts turning brown; now add star anise, five-spice powder, ginger and garlic; stir for about 10 seconds; quickly add chili bean sauce. Stir well and cook on low for about 1 minute.
6. Transfer the chili bean sauce mixture to the large saucepan; add soy sauce, then simmer for 25 minutes.
7. In the meantime, boil eggs. (Bring 4 cups water to a boil in a small saucepan, gently add eggs and let them boil for 4 1/2 minutes for soft-boiled eggs or 5 minutes for hard-boiled eggs. Drain and let the eggs sit in cold water for 5 minutes before peeling.)
8. After 25 minutes of simmering, add noodles and mushrooms in the saucepan; bring to a boil. Once the beef noodle soup is boiling, add watercress, then immediately turn off the heat. Stir until the vegetable starts to wilt.
9. To serve, divide the noodle soup into 4 bowls evenly; drizzle with sesame oil. Place one soft-boiled egg in each bowl; sprinkle with chopped green onion. Enjoy!

Nutrition information per serving: 1 | Calories: 940 | Sugar: 13g | Sodium: 1795.1mg | Fat: 54.5g | Saturated Fat: 15.4g | Trans Fat: 0.5g | Carbohydrates: 71.1g | Protein: 40.3g | Cholesterol: 285.5mg | Fiber: 6.3g



Pho with Zucchini Noodles



15 MINUTES



15 MINUTES



30 MINUTES

Yield: 2

Category: **GF**

Method: STOVE

Cuisine: VIETNAMESE

INGREDIENTS

- 1/2 pound top sirloin steak
- 4 zucchinis
- 2 cinnamon sticks
- 2 star anise
- 3 whole cloves
- 4 cups [Kettle & Fire Beef Bone Broth](#)
- 1-inch chunk of fresh ginger, sliced
- 1 tablespoon soy sauce (Use tamari sauce or coconut aminos for a gluten-free version)
- 1 tablespoon fish sauce

FOR THE TOPPINGS:

- 2 handful of bean sprouts
- Herb mix (cilantro, basil, or both)
- 1 jalapeño pepper, sliced (optional)
- 2 stems green onion, chopped
- Sriracha, hoisin sauce, and lime wedges for serving

INSTRUCTIONS

1. Place the sirloin steak in the freezer for 15 minutes for easy slicing.
2. Use a spiralizer or a julienne peeler to make zucchini noodles. Divide the zoodles into two large serving bowls.
3. In a medium saucepan, toast cinnamon sticks, star anise, and cloves over medium heat until fragrant. Add bone broth in the pan, followed by ginger, soy sauce, and fish sauce. Bring to a boil and simmer for 10 minutes to allow the spices to fully infuse the broth.
4. Take the beef out of your freezer and slice it into thin strips. Divide the beef into two portions and add on top of the zoodles in the serving bowls.
5. Once the broth is done, also divide it into two portions and pour the hot broth into the serving bowls. The beef will start cooking instantly, and the color changes.
6. Top the pho with bean sprouts, fresh herbs, sliced pepper and green onion, drizzle with Sriracha or/and hoisin sauce, squeeze some lime juice in it and slurp up!

Nutrition information per serving: 1 | Calories: 362 | Sugar: 8.1g | Sodium: 1303mg | Fat: 11.2g | Saturated Fat: 3.5g | Carbohydrates: 21g | Fiber: 13.1g | Protein: 42.8g | Cholesterol: 102mg



Chicken Tortilla Soup



15 MINUTES



30 MINUTES



45 MINUTES

Yield: 4-6 SERVINGS

Category: **GF**

Method: OVEN & STOVE

Cuisine: MEXICAN

INGREDIENTS

- 2 cups zucchini, diced
- 2 cups frozen carrots and peas
- 1/2 cup white onion, diced
- 1/8 teaspoon Ghost Pepper Hot Sauce or your desired hot sauce (optional)
- 2 cups shredded chicken

FOR THE SOUP BASE:

- 8-10 Roma tomatoes or 1 (32-oz) can diced tomatoes
- 1/2 cup white onion, roughly sliced
- 1 cup cilantro, firmly packed
- 3 large cloves garlic
- 2 cups [Kettle & Fire Chicken Bone Broth](#) (1 carton)
- salt to taste

FOR THE TOPPING:

- 2 cups tortilla chips, crushed and divided (Use corn chips for a gluten-free version)
- 2 avocados, sliced and divided
- 1 cup shredded cheddar cheese, divided
- Fresh cilantro for garnishing
- Lime or lemon wedges for serving

INSTRUCTIONS

1. Preheat oven to 350°F. Roast Roma tomatoes for 10 minutes. In the meanwhile, chop up vegetables.
2. When tomatoes are done, allow to cool. Quarter each one and place into your food processor or blender with garlic, roughly sliced onion, cilantro. Add chicken broth and a pinch of salt. Blend until smooth. (Depending on the size of your blender, you might need to process two or three batches to finish up the ingredients. It took me twice with my 8-cup food processor.)
3. Pour soup base into a saucepan and bring to a boil.
4. In a sauté pan, melt butter and sauté diced onion over high heat until fragrant. Add carrots and cook for 5 minutes. Add diced zucchini into the pan. Cook until the vegetables are tender.
5. Transfer cooked vegetables into the soup base. Add sweet peas and bring to a boil again. Stir in shredded chicken. Reduce to medium heat and simmer for 15 minutes. Stir occasionally. Taste and adjust the flavor by adding more salt if desired.
6. Drop in hot sauce. Stir until even. This is optional.
7. Dish. Top with tortilla chips, avocado slices, cheddar cheese, cilantro for each serving. Squeeze a dash of fresh lime juice. Enjoy!

Nutrition information per serving: 1 | Calories: 190 | Sugar: 1.7g | Sodium: 392mg | Fat: 3.4g | Saturated Fat: 0.6g | Carbohydrates: 30.5g | Fiber: 3.9g | Protein: 9.2g



Ravioli Soup with Sausage and Kale



10 MINUTES



25 MINUTES



35 MINUTES

Yield: 2 SERVINGS

Method: STOVE

Cuisine: ITALIAN

INGREDIENTS

- 1/2 pound mild (or hot) Italian sausage, casing off
- 1/4 cup onion, diced
- 2 stalks celery, diced
- 1/4 cup frozen carrots and peas
- 12 ounces pasta sauce
- 4 cups [Kettle & Fire Chicken Bone Broth](#) (2 cartons)
- 1/4 cup sun-dried tomatoes
- 1 (9-oz) package cheese ravioli
- Half package of 1 (8-oz) baby kale kit (baby greens, toppings, dressing)
- 2 tablespoons part-skim ricotta cheese

INSTRUCTIONS

1. Preheat a large saucepan over medium-high heat. Brown sausage for 5-7 minutes, stirring to crumble meat. Cook until no pink remains. Stir in onion, celery, carrots, and peas into the sausage and cook for 4 minutes, stirring often.
2. Reduce heat to medium-low. Stir in pasta sauce, chicken bone broth, and sun-dried tomatoes. Simmer for 8-10 minutes, stirring occasionally.
3. Add ravioli to the sauce; cook for 4-5 minutes or until the ravioli is tender.
4. To serve, divide soup into two serving bowls. Top each bowl with handful salad greens, then sprinkle with salad toppings, and drizzle with dressing. Finish with 1 tablespoon ricotta cheese for each bowl and serve.

Notes: You can easily double the recipe to make 4 servings.

Nutrition information per serving: 1 | Calories: 951 | Sugar: 16.8g | Sodium: 2208.8mg | Fat: 49.8g | Carbohydrates: 86.3g | Protein: 40.5g | Cholesterol: 150.4mg



15-Minute Turkey Pho Recipe



5 MINUTES



10 MINUTES



15 MINUTES

Yield: 2 SERVINGS

Category: **GF**

Method: STOVE

Cuisine: VIETNAMESE

INGREDIENTS

- 2 cinnamon sticks
- 2 star anise
- 3 whole cloves
- 4 cups [Kettle & Fire Chicken Bone Broth](#) (2 cartons)
- 1 ounce fresh ginger, sliced
- 1 tablespoon fish sauce
- 1 tablespoon coconut aminos or soy sauce
- 4 ounces pho/rice noodles
- 2 cups frozen Asian stir-fry vegetables
- 3 cups leftover turkey meat
- Fresh cilantro, lime wedges, Sriracha or/and hoisin sauce for serving

INSTRUCTIONS

1. Toast cinnamon sticks, star anise, and cloves in a medium saucepan over medium-high heat until fragrant, about 2 minutes.
2. Add turkey or chicken bone broth, ginger, fish sauce, and soy sauce in the saucepan. Bring to a boil and simmer for 5 minutes.
3. In the meantime, bring 2 quarts of water to a boil in another saucepan. Add noodles, let them cook for 2-3 minutes. Drain and transfer to two serving bowls evenly.
4. Discard spices from the broth. Add vegetables and turn the heat up. Bring to a boil again or until the vegetables are tender.
5. To serve, place half of turkey in one serving bowl on top of the noodles. Pour half of the broth over including the vegetables. Top with fresh cilantro, Sriracha sauce and/or hoisin sauce. Add a squeeze of fresh lime juice and serve. Do the same with the other bowl. Enjoy!

Nutrition information per serving: 1 | Calories: 710 | Sugar: 8.5g | Sodium: 2229.2mg | Fat: 11.1g | Carbohydrates: 81.4g | Protein: 67.9g | Cholesterol: 155.1mg



Cream of Chicken Soup Recipe



2 MINUTES



13 MINUTES



15 MINUTES

Yield: 3 1/2 CUPS

Method: STOVE

Cuisine: AMERICAN

INGREDIENTS

- 2 cups [Kettle & Fire Chicken Bone Broth](#) (1 carton)
- 2 cups milk
- 1/2 cup all-purpose flour

FOR THE SEASONINGS:

- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic
- 1/2 teaspoon ground black pepper
- 1 teaspoon sea salt
- 1/2 teaspoon dried parsley

INSTRUCTIONS

1. In a medium saucepan, bring chicken bone broth to a boil over medium-high heat.
2. In a separate medium mixing bowl, whisk together milk and flour until the flour is dissolved.
3. Slowly add milk and flour mixture into the boiling broth, whisking constantly to combine.
4. Reduce heat to medium. Add all seasonings and bring the mixture to a slow boil, continuously whisking. Let the mixture boil for 3 minutes or until thickened.
5. Use in a recipe immediately or store in an airtight jar and refrigerate for up to a week.

Notes

- *Feel free to experiment with the seasonings.*
- *If you'd like your cream of chicken soup thicker, add more flour. The soup will thicken even more after cooled.*

Nutrition information per serving: 1 | Calories: 149 | Sugar: 6.3g | Sodium: 698.7mg | Fat: 4.5g | Saturated Fat: 2.3g | Carbohydrates: 18.9g | Fiber: 0.7g | Protein: 8.1g | Cholesterol: 14.7mg



Slow Cooker French Onion Soup



10 MINUTES



20 HOURS 22 MINUTES



20 HOURS 32 MINUTES

Yield: 10-12 SERVINGS

Method: SLOW COOKER

Cuisine: FRENCH

INGREDIENTS

- 3 pounds yellow onions, peeled and sliced
- 2 tablespoons olive oil
- 1 teaspoon salt, plus more to taste
- Freshly ground black pepper
- 2 tablespoons balsamic vinegar
- 10 cups [Kettle & Fire Beef Bone Broth](#)
- 3 tablespoons sherry, optional

FOR ASSEMBLING THE SOUP:

- 6 baguette slices for each bowl
- 1 1/3 to 2 cups grated or shaved Gruyere cheese
- Chopped parsley for garnishing

INSTRUCTIONS

1. Place onions in a 6-quart slow cooker. Stir in butter and olive oil. Season with salt and pepper. Cover and cook on low for 12 hours.
2. Add balsamic vinegar and beef bone broth into the slow cooker. Add sherry if using.
3. Cover and cook on low for another 6-8 hours.
4. Preheat oven to 350°F.
5. Portion and ladle the soup and onions into oven-safe bowls and place the bowls on a baking sheet.
6. Top each bowl with a slice of toast and a generous amount of grated or shaved Gruyere cheese.
7. Bake on a rack in the upper third of the oven for 20-30 minutes or until the cheese is melted.
8. Switch oven to broil and broil the soup for 2-3 minutes until the cheese is browned.
9. Garnish with chopped parsley and serve warm.

Nutrition information per serving: 1 | Calories: 167 | Sugar: 5.3g | Sodium: 363mg | Fat: 6.6g | Saturated Fat: 2.7g | Trans Fat: 0 | Carbohydrates: 19.7g | Fiber: 2.8g | Protein: 6.7g | Cholesterol: 13mg



Spinach Meatball Soup



15 MINUTES



25 MINUTES



40 MINUTES

Yield: 4 SERVINGS

Method: STOVE

Cuisine: ITALIAN

INGREDIENTS

FOR THE MEATBALLS:

- 1 pound lean ground beef
- 1/2 cup breadcrumbs
- 2 tablespoons sun-dried tomato pesto
- 1 large egg
- 1/4 teaspoon sea salt
- 1/4 teaspoon ground black pepper

FOR THE SOUP:

- 3 tablespoons olive oil
- 1/3 cup onion, diced
- 3 stalks celery, diced
- 1/2 cup bell pepper, diced
- 2 cloves garlic, finely chopped or minced
- 2 (15-oz) cans cannellini beans
- 4 cups [Kettle & Fire Beef Bone Broth](#) (2 cartons)
- 3 cups spinach, firmly packed
- Salt and pepper to taste
- 1/2 cup grated Parmesan cheese for serving

INSTRUCTIONS

1. Combine meatball ingredients in a large bowl and stir until blended. Use your hands and shape into 1-inch meatballs (about 20-25); wash hands.
2. Heat up olive oil over medium-low heat in a large pot. Add meatballs (in batches) and cook for 3-4 minutes on each side. Turn and brown the meatballs. Remove from the pot and set aside.
3. Add onion, celery, bell pepper, and garlic. Sauté over medium-high heat until the vegetables become soft.
4. Stir in beans, beef bone broth, meatballs, and spinach. Season with salt and pepper.
5. Bring to a boil and simmer for 5-7 minutes or until the internal temperature of the meatballs reaches 160°F. Sprinkle with cheese and serve.

Nutrition information per serving: 1 | Calories: 598 | Sugar: 4.9g | Sodium: 777mg | Fat: 22g | Saturated Fat: 5.8g | Trans Fat: 0.2g | Carbohydrates: 52.5g | Fiber: 12.3g | Protein: 48.3g | Cholesterol: 125.3mg



One-Pot Chicken Soup Recipe w/ or w/o Noodles



10 MINUTES



20 MINUTES



30 MINUTES

Yield: 6 SERVINGS

Category: **GF**

Method: STOVE

Cuisine: MEXICAN

INGREDIENTS

- 2 tablespoons olive oil
- 1 large onion, diced
- 2 cups carrots, diced
- Kosher salt
- 3 cloves garlic, minced
- 3 stalks celery, diced
- 1 green bell pepper, diced
- 8 ounces mushrooms, sliced
- 4 cups [Kettle & Fire Chicken Bone Broth](#) (2 cartons)
- 2 cups red salsa
- 2 cups green salsa
- 1 teaspoon dried basil
- 8 ounces egg noodles (optional)
- 4 cups of rotisserie chicken, shredded or cut into bite-size pieces
- Fresh cilantro and lime wedges for serving

INSTRUCTIONS

1. In a large soup pot, heat olive oil over medium-high heat. Add onions and carrots, followed by a pinch of salt. Sauté until the onions are translucent and the carrots start getting soft, about 5 minutes. Stir in garlic and cook until fragrant, about 30 seconds.
2. Add celery, bell pepper, and mushrooms in the pot. Pour chicken bone broth over the vegetables and stir in red salsa and green salsa. (If you've made the Mexican Rice recipe in this book, you may substitute the preserved tomato and onion mixture for the red salsa.) Add dried basil and mix.
3. Without noodles: Bring to a simmer, cover, and cook on medium heat for 15 minutes or until the vegetables are tender. With noodles: Bring to a boil, add noodles and cook on high heat for 8-10 minutes until the noodles are tender. The vegetables should be soft by then.
4. Uncover, reduce heat to medium-low. Add chicken and allow the chicken to heat through, stirring occasionally. Taste, add more salt if desired.
5. Remove from heat. Dish and garnish with fresh cilantro leaves. Serve with lime wedges. Enjoy!

FOR A SLOW COOKER VERSION:

1. Instead of using cooked chicken, season 4 raw skinless chicken breasts with salt and pepper. Place at the bottom of a 6-quart slow cooker. Add onions, carrots, garlic, celery, bell pepper, mushrooms, broth, and salsa in the slow cooker. Drop a bay leaf and a few black peppercorns. Cover and cook on low for 5-6 hours.
2. If using noodles, add them in 30 minutes before the chicken soup is done. Uncover and shred the chicken breast meat with two forks. Taste and add more salt if desired. Dish and garnish with fresh herbs. Serve with lime wedges. Enjoy!

Notes: Nutrition facts were calculated without egg noodles.

Nutrition information per serving: 1 | Calories: 573 | Sugar: 17.6g | Sodium: 2332.7mg | Fat: 43.4g | Saturated Fat: 8.1g | Carbohydrates: 29.2g | Fiber: 6.3g | Protein: 19.3g | Cholesterol: 91.7mg



Authentic Thai Vegetable Soup



15 MINUTES



15 MINUTES



30 MINUTES

Yield: 4 SERVINGS

Category: **GF**

Method: STOVE

Cuisine: THAI

INGREDIENTS

- 1 can (13.66 fl oz) unsweetened coconut milk
- 2 cups [Kettle & Fire Chicken Bone Broth](#) (1 carton)
- 1/2 cup pumpkin purée (optional)
- 1/4 cup galangal, sliced
- 1 stalk lemongrass, sliced into 1-inch long pieces
- 1/4 cup onion, sliced
- 1 cup broccoli florets, chopped
- 1/2 cup carrot, sliced
- 1/2 cup firm tofu, sliced
- 1 Roma tomato, sliced
- 1 cup mushroom, sliced
- 2 tablespoons fish sauce (or soy sauce or coconut aminos)
- 1 teaspoon brown sugar
- Salt to taste
- 2 tablespoons lime juice
- 1 stem spring onion, finely chopped
- 1/2 teaspoon red pepper flakes
- Fresh cilantro leaves for garnishing and lime wedges for serving

INSTRUCTIONS

1. Mix coconut milk, chicken bone broth, and pumpkin purée in a large pot. Stir and bring to a boil.
2. Add galangal, lemongrass, onion, broccoli, and carrot into the saucepan; cook over high heat for 2-3 minutes or until fragrant.
3. Add tofu, tomato, and mushroom; bring to a boil again. Continuing cooking until vegetables are done.
4. Season with fish sauce (soy sauce or coconut aminos), sugar, and a pinch of salt to taste.
5. Turn off the heat. Discard the lemongrass and galangal. Stir in lime juice, spring onion, and crushed chilies.
6. Dish and garnish with cilantro leaves. Enjoy!

Nutrition information per serving: 1 | Calories: 201 | Sugar: 2.9g | Sodium: 138.6mg | Fat: 14.8g | Saturated Fat: 11g | Carbohydrates: 10.7g | Fiber: 2.2g | Protein: 9.9g | Cholesterol: 2.5mg



Slow Cooker Shanghai-Style Beef Borscht



15 MINUTES



8 HOURS 30 MINUTES



8 HOURS 45 MINUTES

Yield: 4 SERVINGS

Method: SLOW COOKER

Cuisine: ASIAN FUSION

INGREDIENTS

- 2 tablespoons olive oil
- 2 tablespoons butter
- 1/4 cup all-purpose flour
- 1 medium onion, sliced
- 1 pound beef stew meat
- 2 stalks celery, chopped
- 1 cup carrots, chopped
- 1 large russet potato, diced
- 4 cloves garlic, minced
- 2 cups [Kettle & Fire Beef Bone Broth](#) (1 carton)
- 1 (6-oz) can tomato paste
- 1 (14.5-oz) can diced tomatoes
- 1 bay leaf
- 1 teaspoon salt
- 2 tablespoons brown sugar
- 1/2 teaspoon ground black pepper
- 3 cups green cabbage, thinly sliced
- Chopped fresh basil for garnish

INSTRUCTIONS

1. Make a roux by melting butter with olive oil over medium heat in a skillet. Once the butter is completely melted, decrease the heat to low, add flour; stir constantly until the mixture is blended and smooth.
2. Add onion into the roux; increase the heat to medium-high heat. Stir until the onion is well-coated and fragrant; transfer the mixture to the slow cooker.
3. Place all other ingredients except the cabbage in the slow cooker. Stir well, cover, and cook on low for 8 hours.
4. Add cabbage, switch slow cooker to high setting. Cook for an additional 30 minutes or until the cabbage is tender.
5. Taste and add more salt or sugar if desired. Dish, garnish with basil and serve with your favorite bread.

Nutrition information per serving: 1 | Calories: 513 | Sugar: 17.4g | Sodium: 1053mg | Fat: 21.2g | Saturated Fat: 7.1g | Carbohydrates: 39.3g | Fiber: 6.8g | Protein: 42.7g | Cholesterol: 117mg



Slow Cooker Split Pea Soup



10 MINUTES



8 HOURS



8 HOURS 10 MINUTES

Yield: 8 SERVINGS

Category: **GF**

Method: SLOW COOKER

Cuisine: AMERICAN

INGREDIENTS

- 1 cup yellow onions, diced
- 2 cloves garlic, minced
- 1/2 teaspoon dried oregano
- 1 1/2 teaspoons kosher salt
- 1 teaspoon ground black pepper
- 2 cups carrots, diced
- 1 cup red potatoes, diced
- 1 cup celery, diced
- 1 pound dried split peas
- 8 cups [Kettle & Fire Beef Bone Broth](#) (4 cartons)
- Cooked bacon pieces for serving and chopped cilantro for garnishing

INSTRUCTIONS

1. Place all ingredients in a 4-quart (or bigger) slow cooker. Cover and cook on low for 8-10 hours.
2. Taste to adjust flavor by adding more salt if desired. Ladle into serving bowls and top with cooked bacon pieces and fresh cilantro leaves before serving. Enjoy!

Nutrition information per serving: 1 | Calories: 321 | Sugar: 7.4g | Sodium: 1479mg | Fat: 7.6g | Saturated Fat: 2.4g | Carbohydrates: 43g | Fiber: 16.1g | Protein: 21.2g | Cholesterol: 17mg



Classic Wonton Soup



30 MINUTES



10 MINUTES



40 MINUTES

Yield: 4 SERVINGS

Method: STOVE

Cuisine: CHINESE

INGREDIENTS

- 40 large wonton wrappers

FOR THE WONTON FILLING - SHRIMP:

- 20 medium-sized shrimp, peeled and deveined, cut into half lengthwise
- 1/2 teaspoon kosher salt
- 1/2 teaspoon cornstarch
- 1 teaspoon extra-virgin olive oil

FOR THE WONTON FILLING - PORK:

- 1 pound 80% lean ground pork
- 1 ½ tablespoons fresh ginger, minced
- 1 tablespoon [Shaoxing rice wine](#)
- 2 tablespoons [light soy sauce](#)
- 2 teaspoons cornstarch
- 1 teaspoon brown sugar
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon kosher salt, divided
- 6 ounces watercress, chopped (about 4 cups)

FOR THE WONTON SOUP BASE:

- 8 cups [Kettle & Fire Chicken Bone Broth](#) (4 cartons)
- 2 cups of watercress or other desired green vegetables (optional)
- Salt and pepper to taste
- Chopped green onion for garnishing
- Hot chili oil or sesame oil for drizzling (optional)

INSTRUCTIONS

1. Combine the shrimp filling ingredients in a small bowl and mix well. Set aside.
2. Combine pork, ginger, Shaoxing wine, light soy sauce, cornstarch, and sugar in a big mixing bowl. Stir well.
3. Add olive oil, salt, and watercress in the pork mixture. Use both of your hands to mix all ingredients together.
4. Prepare a flat work surface by dusting with a little flour. Spread it out with your hand. Prepare a small bowl of water on the side.
5. Now wrap the wontons. Lay one wrapper flat on your palm of one hand, the narrow side facing you. Scoop up about 1 tablespoon pork filling and place in the center of the wonton wrapper. Add a piece of shrimp on top.
6. Lift the narrow side of the wrapper and fold towards the wide side of the wrapper, covering the filling completely. The narrow side should go up to the point where there's about half-inch room left to the wide side.
7. Slightly dip your thumb into the water. Use your fingers to pinch the narrow- and wide-side edges of the wrappers together around the filling, then bend the wonton into the shape of a nurse's hat, using your wet thumb to press the two ends together.
8. Repeat with the rest of the wrappers and place the wontons on the working surface in one single layer with a little distance between each one.
9. Bring a large pot of water to a boil, add the number of wontons that you want to cook. Let them boil for about 5 minutes until they float. Taste one to see if the filling is cooked through.
10. At the same time, bring chicken bone broth (2 cups for 10-12 wontons) to a boil in another pot. Add some watercress or your desired green vegetables, like baby bok choy. Cook until the vegetables are wilted, about 1-2 minutes. Season with salt and pepper to taste.
11. Transfer the soup base to a serving bowl, and drop the cooked wontons into the bowl using a slotted spoon. Garnish with chopped green onions and drizzle with hot chili oil or sesame oil if desired. Enjoy!

Notes

- *Halve the shrimps (instead of using them whole in the filling) so the filling will cook through easily. It's easier to work them with while wrapping the wontons, as well.*
- *Alternatively, you could cook some noodles together with your wontons, drain the noodles and wontons well, and transfer them to the prepared wonton soup base. That is a delicious bowl of wonton noodle soup, my friend!*

Nutrition information per serving: 1 | Calories: 494 | Sugar: 1.3g | Sodium: 1483.1mg | Fat: 11.2g | Saturated Fat: 1.5g | Carbohydrates: 51.3g | Fiber: 1.7g | Protein: 47.9g | Cholesterol: 245.3mg



Wholesome Fish Chowder



15 MINUTES



25 MINUTES



40 MINUTES

Yield: 6 SERVINGS

Category: **GF**

Method: STOVE AND OVEN

Cuisine: BURMESE

INGREDIENTS

- 1 pound tilapia fillet (I used 4 frozen fillets)
- 1 pound yellow potatoes
- 12 ounces carrots
- 1 small bunch of fresh cilantro
- 1/2 cup white onion, chopped
- 8 cups [Kettle & Fire Chicken Bone Broth](#) (4 cartons)
- Olive oil, salt and pepper
- 2 teaspoons Old Bay Seasoning
- Lemon wedges for serving

Instructions

1. Preheat oven to 350°F. Thaw fish and pat dry with a paper towel. Brush fish with olive oil. Sprinkle a dash of salt and pepper on each fillet.
2. Lay prepared fish fillets in a baking dish without overlap. Bake for 14 minutes.
3. While fish is baking, add chicken bone broth in a large saucepan and bring to a rapid boil.
4. Peel and chop up carrots and potatoes. Place them in the boiling bone broth, then reduce heat to medium-high. Cover to cook for 15 minutes or until the vegetables are tender.
5. Transfer vegetables and just enough broth into a blender, add cilantro and onion, and blend for 10 seconds or until smooth. Now you've made a wholesome chowder base.
6. Return chowder base into the same saucepan.
7. Use a fork to break cooked fish into small pieces and transfer fish pieces into the chowder base.
8. Add Old Bay Seasoning and stir well. Simmer for 5 more minutes over medium heat.
9. Serve with a squeeze of lemon juice and toasted bread.

Nutrition information per serving: 1 | Calories: 198 | Sugar: 3.3g | Sodium: 483.5mg | Fat: 3.3g | Saturated Fat: 0.5g | Carbohydrates: 24.1g | Fiber: 3.7g | Protein: 17.7g | Cholesterol: 29.3mg



New England Clam Chowder



20 MINUTES



30 HOURS



50 MINUTES

Yield: 4 SERVINGS

Method: STOVE

Cuisine: AMERICAN

INGREDIENTS

- 6–7 slices bacon, cut into small pieces
- 1 pound red or yellow potatoes
- 1 medium white onion, diced
- 1 (10-oz) can whole baby clams
- 2 stalks of celery, finely chopped
- 3 tablespoons unsalted butter
- 3 tablespoons flour
- 1 cup heavy cream
- 1 cup milk, divided
- 1 cup [Kettle & Fire Chicken Bone Broth](#), divided
- 1 teaspoon dill weed
- salt and pepper to taste

INSTRUCTIONS

1. In a medium saucepan, cook bacon over medium heat until crispy. Stir occasionally (about 10 minutes).
2. While the bacon is cooking, make cream of celery soup. In a medium skillet, melt butter over medium heat. Add 1/4 cup chopped onion and sauté until fragrant (3-5 minutes).
3. Add celery into the skillet; stir and cook for 2-3 minutes.
4. Sprinkle with flour and sauté with onion and celery for a minute or two.
5. Whisk in 1/2 cup whole milk and 1/2 cup chicken broth. Bring to a simmer and cook for 5-8 minutes until it's thickened.
6. While the cream of celery soup is simmering, the bacon should be ready. Stir in the rest of the onion into the saucepan and cook until translucent.
7. Add the juice from the clams and 1/2 cup chicken broth, followed by potatoes. Cover and cook over medium heat until potatoes are fork tender (about 15-20 minutes). Stir occasionally.
8. While potatoes are cooking, check and complete the cream of celery soup.
9. Once the potatoes are done, add clams, cream of celery soup, 1/2 cup milk, heavy cream and dill weed. Stir everything together consistently and cook the chowder over medium-low heat for another 5 minutes. Season with salt and pepper to taste. Serve.

Notes

- I would recommend serving this clam chowder in bread bowls. I used sourdough bread. To prepare, cut the top of the bread with a serrated knife, leaving as much of the bread as possible behind. Tear away the inner bread with your fingers. Be sure never to break through the outside crust.
- Don't waste the top and the inner bread. Dip in the chowder and you will be licking your fingers.
- Bread nutrition is not included in the nutrition facts.

Nutrition information per serving: 1 | Calories: 700 | Sugar: 8.5g | Sodium: 396.3mg | Fat: 47.9g | Saturated Fat: 24.9g | Trans Fat: 0.8g | Carbohydrates: 53.3g | Fiber: 6.9g | Protein: 17.4g | Cholesterol: 120.3mg

BONUS: BOTTOMS UP

Wow! You've made it! Hopefully, by now, you are 100% in with cooking with bone broth to nourish you and your family on a daily basis. For that, it's worth raising a glass. And of course, we don't make a drink in a bone broth cookbook without the bone broth.

Cheers!





Bone Broth Bloody Bull



5 MINUTES



5 MINUTES

Yield: 1

Category: **GF**

Method: MIX

Cuisine: AMERICAN

INGREDIENTS

FOR THE GLASS RIM:

- 1 teaspoon celery salt
- 1 teaspoon chili powder
- 2 teaspoons paprika

FOR THE COCKTAIL:

- 4 ounces [Kettle & Fire Beef Bone Broth](#)
- 2 ounces vodka
- 4 ounces tomato juice
- Juice of 1 lemon
- 1/4 teaspoon Worcestershire sauce
- 1/2 teaspoon horseradish
- pinch of freshly ground black pepper
- 1 dash hot sauce such as Tabasco or Cholula
- Celery stalk, jalapeño slices, and lemon wedges for garnishing

INSTRUCTIONS

1. Mix all ingredients for the glass rim on a plate. Wet the rim of a highball glass with a lemon wedge and dip the rim in the seasonings. Fill the glass with fresh ice cubes.
2. Combine all cocktail ingredients except for the garnish in a cocktail shaker over ice, and shake gently to blend.
3. Strain over ice into the prepared highball glass. Garnish with a celery stalk, jalapeño slices, and a lemon wedge. Tada! Cheers!

Nutrition information per serving: 1 | Calories: 169 | Sugar: 3.1g | Sodium: 142mg | Fat: 1.7g | Saturated Fat: 0.3g | Carbohydrates: 6.4g | Fiber: 1.4g | Protein: 1.5g | Cholesterol: 1.4mg

THANK YOU

Thank you for purchasing this bone broth cookbook and taking the time to cook the recipes from it.

As a thank-you gift, I would like to offer you my “Top 18 One-Dish Meals” cookbook for free. It’s designed to help you put healthy and delicious dinners on your dining table faster than you ever thought possible. Some of the one-dish meals you see in this bone broth cookbook are originally from “Top 18 One-Dish Meals” cookbook. However, there are many more one-dish meal ideas that I hope you’ll enjoy.



ABOUT THE AUTHOR

As a recipe blogger, Sharon Chen is deeply versed in content creation and content marketing, specifically in the food industry.

Born and raised in Shanghai, China, Sharon is heavily influenced by her mother's home cooking. Even though she was not allowed to step into the kitchen when her mother was working, she grew up watching it. It was not until Sharon moved away from her hometown to the States with her husband that she realized how important cooking and eating at home are in order to have a vibrant and healthy family life.



Three months after moving to the States in 2013, Sharon started her food blog, [StreetSmart-Kitchen.com](http://StreetSmartKitchen.com), to document her recipes and learnings. It started off with simple Chinese recipes passed on by her mother. Then her cooking gradually extended to different cuisines, such as American, Mexican, Italian, French, Thai, Vietnamese, etc.

Sharon's work has been featured on *The Huffington Post*, *Elite Daily*, *BuzzFeed*, *The Kitchn*, *RedBook Magazine*, *SheKnows.com*, *Examiner.com*, *Greatist*, and numerous others. She strongly believes that a healthy lifestyle starts with eating right and that nothing is better than homemade meals.

Now she's on a mission to help you cook healthy and delicious meals for your family with less hassle and in less time than you ever thought possible (whether you have cooking experience or not).

Sharon and her husband are globetrotters, having lived in Shanghai, China, San Francisco, CA, Jacksonville FL, and Austin, TX. They are currently based in Hong Kong with their newborn baby boy.

STAY CONNECTED!

To follow along with Sharon's culinary journey and find more delicious, easy, and healthy recipes, visit StreetSmartKitchen.com and stay connected on social media.



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