

# Homemade Collagen Bone Broth

Yield: 4 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/bone-broth-recipe-indian-style>

## Ingredients:

- 2 tablespoons grass-fed butter or ghee
- 3 medium carrots peeled and cut into rough chunks
- 3 stalks celery peeled and cut into rough chunks
- 2 1/2 pounds marrow bones assorted beef
- 1 bouquet garni fresh, your choice of fresh oregano, rosemary, thyme, sage, etc.
- 2 tablespoons apple cider vinegar
- 1 cup broth collagen protein per liter of, optional
- Himalayan pink salt to taste

## Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 15 milligrams
4. Fat: 6 grams
5. Fiber: 2 grams
6. Protein: 2 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 280 milligrams
9. Sugar: 3 grams

---

Thank you for visiting our website. Hope you enjoy Homemade Collagen Bone Broth above. You can see more 18 bone broth recipe indian style Savor the mouthwatering goodness! to get more great cooking ideas.