

Bone Marrow Soup With Bok Choy

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 1 pound bone marrow
- salt for bone marrow
- 1 tablespoon unsalted butter
- 1/2 cup onions sliced
- 1 1/2 teaspoons garlic chopped
- 4 cups bok choy about 4 large leaves cleaned and sliced small
- 1/2 cup tomatoes diced
- 1 teaspoon fresh parsley chopped
- 1/4 teaspoon thyme fresh, leaves only
- 1/4 teaspoon paprika
- 4 cups water
- 1 1/2 teaspoons beef bouillon powder
- 1/4 teaspoon habanero pepper sauce
- 3 cloves
- 2 teaspoons lime juice fresh
- 1/2 teaspoon ground cumin
- salt to taste
- pepper for bone marrow
- pepper to taste

Nutrition:

1. Calories: 960 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 10 milligrams
4. Fat: 99 grams
5. Fiber: 3 grams
6. Protein: 11 grams

7. SaturatedFat: 2 grams
 8. Sodium: 470 milligrams
 9. Sugar: 2 grams
-

Thank you for visiting our website. Hope you enjoy Bone Marrow Soup With Bok Choy above. You can see more 17 bone marrow soup recipe indian Delight in these amazing recipes! to get more great cooking ideas.