

# Basic Bone Broth

Yield: 4 min  
Total Time: 35 min

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

## Ingredients:

- 6 bones chicken leg, an organic roast chicken carcass, or raw chicken bones/neck/feet from the butcher
- vegetables Limp, + saved peels/scraps, carrots, celery top or root, onion, leek, parsley, fennel suggested
- 1 teaspoon green peppercorns or black
- 2 tablespoons apple cider vinegar
- 2 bay leaves if desire
- water to cover
- 2 yellow onions medium
- 4 inches ginger piece
- 6 pounds beef soup bones marrow and knuckle bones
- 5 star anise
- 6 whole cloves
- 3 inches cinnamon stick
- 1 pound beef chuck piece of, rump, brisket or cross rib roast, cut into 2-by-4-inch pieces
- 1 1/2 tablespoons salt
- 4 tablespoons fish sauce
- 1 ounce yellow rock sugar 1-inch chunk
- 1 bunch collard greens stems removed and chopped
- 1/2 large red onion
- 1 tablespoon apple cider vinegar
- 1 cup chicken broth
- 1 teaspoon red pepper flakes
- 1 tablespoon unsalted butter
- 1 cup sauerkraut prepared, homemade or from a jar is fine; unpasteurized preferred
- salt to taste
- 1 green onion green parts only, chopped
- 1 cup bone broth chicken
- 2 teaspoons miso any variety, to your taste - I love the Wild Leek Miso from The Sacred Gardener!

## **Nutrition:**

1. Calories: 410 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 80 milligrams
4. Fat: 25 grams
5. Fiber: 7 grams
6. Protein: 28 grams
7. SaturatedFat: 10 grams
8. Sodium: 4570 milligrams
9. Sugar: 5 grams

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