

Fast Bone Broth Recipe: Real Bone Broth in 30 Minutes or Less



Prep Time

15 minutes

Total Time

15 minutes

Servings

2

Allergens

Peanut-free, seafood-free, shellfish-free,
egg-free, dairy-free, soy-free, gluten-free

Required Equipment

Stockpot



Nutrition

218 Calories

8g Fat

22g Protein

11g Net Carbs

Ingredients

- 1 tbsp Natural Force Coconut MCT Oil
- 3 Medium carrots peeled and cut into chunks
- 3 Stalks celery cut into chunks
- 1 Medium onion peeled and roughly chopped
- 6 cups Filtered water
- 2 scoops Natural Force Unflavored Organic Bone Broth Protein
- 1 bouquet of fresh herbs your choice of fresh parsley, thyme, bay leaves, oregano, rosemary, sage, etc
- 1 tbsp Apple cider vinegar
- Pink Himalayan salt to taste
- Black pepper to taste

Instructions

1. Add MCT Oil to a large stockpot. Over medium heat, saute the carrots, celery, and onion until they become translucent.
2. Add water, apple cider vinegar, and herbs. Bring the pot to a low boil and allow ingredients to cook uncovered for 15 minutes.
3. Turn off the heat and strain the vegetables out with a ladle or colander.
4. Add the bone broth protein powder and stir until dissolved.
5. Add salt and pepper to taste.

STORAGE NOTES: Finished bone broth can be cooled and then poured into mason jars and stored in the refrigerator for up to one week.