

**LONO LIFE**<sup>®</sup>

**TASTE MORE OF LIFE**

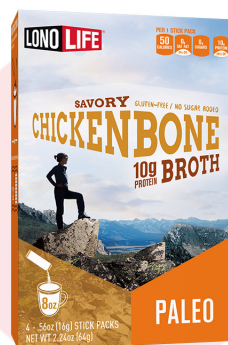


Mouth Watering Recipes  
Made With **BONE BROTH**

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# ROASTED VEGGIE SOUP



## SERVINGS

3-4 Bowls

## TIME

4 hr 35 Min

## DIRECTIONS

1) Preheat oven to 425 degrees and on 2 sheet pans place the cut up vegetables and drizzle them with olive oil.

Bake for 25 to 35 minutes, until vegetables are tender, turning once with a metal spatula.

2) Once cooked, heat chicken stock and LonoLife Chicken Bone Broth in a large saucepan.

3) Add in the roasted vegetables and simmer for 20 to 30 minutes until veggies are tender.

4) Purée using an immersion blender. (If you do not own one simply transfer the mixture in batches to a food processor or blender.) Add in more chicken stock to create the desired consistency.

5) Season and top off with sour cream or heavy cream to make it extra creamy.

\*Great recipe to use for leftover vegetables and you can also add chicken for extra protein!

## INGREDIENTS

- 1 quart roasted vegetables
- 3 cups chicken stock
- 1 cup of water
- 1 serving LonoLife Chicken Bone Broth
- Salt & pepper to taste

### ROASTED VEGGIES:

- 1 lb carrots, peeled
- 1 lb parsnips, peeled
- 1 large sweet potato, peeled
- 1 small butternut squash, peeled & seeded
- 3 tablespoons olive oil
- Salt & pepper to taste

# CREAMY PARMESAN GARLIC MUSHROOM CHICKEN



SERVINGS

TIME

8 Person

30 Min

## DIRECTIONS

- 1) In a large skillet add avocado oil and brown the chicken on both sides on medium high heat until no longer pink in center.
- 2) Remove chicken and set aside.
- 3) Add sliced mushrooms and cook for a few minutes until tender.
- 4) Remove mushrooms and set aside.
- 5) To make the sauce, add butter and melt.
- 6) Add garlic and cook until tender.
- 7) Whisk in the chicken broth, heavy whipping cream, parmesan cheese, garlic powder, pepper, and salt.
- 8) Add spinach and let simmer until it starts to thicken and spinach wilts.
- 9) Add chicken and mushrooms back to the sauce and serve over your choice of sides.

## INGREDIENTS

- 8 chicken thighs
- 8 oz sliced mushroom
- ½ cup grated parmesan cheese
- 2 minced garlic cloves
- 2 cups baby spinach
- ¼ cup butter
- 2 tbs avocado oil
- ½ serving LonoLife Keto Chicken Broth or LonoLife Chicken Bone Broth.
- 1 cup heavy whipping cream
- ½ tsp garlic powder
- ¼ tsp pepper
- ½ tsp salt

# 5 INGREDIENT BROCCOLI CHEESE SOUP



SERVINGS	TIME
4 Person	40 Min

## DIRECTIONS

- 1) Prep bone broth by heating 3 ½ cups of water and mixing in 1 ½ packets (servings) of LonoLife Chicken Bone Broth. Set aside.
- 2) Saute garlic in a large pot over medium heat for about one minute, or until garlic is fragrant.
- 3) Pour in bone broth prepared earlier, along with heavy cream and broccoli. Bring to a boil and then reduce heat to simmer for 10-15 minutes or until the broccoli is tender.
- 4) Use a slotted spoon to remove ⅓ of the broccoli if you would like chunks of broccoli in the finished soup. Set aside.
- 5) Use an immersion blender to puree the broccoli.
- 6) On low heat, add in the cheese, ½ cup at a time. Use the immersion blender again to smooth the soup once all the cheese is added.
- 7) Add back the broccoli florets if taken out and serve.

## INGREDIENTS

- 4 cups broccoli, cut into florets
- 4 cloves garlic, minced
- 3 ½ cups water
- 1 ½ servings LonoLife Chicken Bone Broth
- 1 cup heavy cream
- 3 cups grated cheddar cheese

# HAWAIIAN SWEET ROLL PULLED PORK SLIDERS



SERVINGS

TIME

5 Sliders

2 - 8.5 Hr

## DIRECTIONS

- 1) Rinse and dry your pork butt or shoulder.
- 2) In a small bowl, add 2 tablespoons brown sugar, 1 ½ tablespoon chili powder, 1 ½ tablespoon salt, 1 teaspoon of cumin, ½ teaspoon of paprika, ¼ teaspoon cinnamon, and stir together.
- 3) Rub spice mixture on all sides of your pork until it is evenly coated with rub.
- 4) Slice 1 ½ onions into thin strips and place in an instant pot with 6 whole garlic cloves to make a bottom layer for the pork to sit on. Add in pork, 1 ½ cups of water, and 2 packets of LonoLife Beef Bone Broth.
- 5) Pressure cook for 1 ½ hours or slow cook pork for 6 - 8 hours.
- 6) Take the pork out of the instant pot either straining the remaining liquid or simply picking the pork pieces out with tongs.
- 7) Place pork in a large bowl then stir in ¾ cups barbecue sauce and salt and pepper to taste until all the pork is evenly coated.
- 8) For the coleslaw, cut 1/2 medium green cabbage and ½ small purple cabbage into thinly sliced stripes. Then shred 3 carrots and add to a large bowl.
- 9) In a small bowl, combine ¾ cup mayo, 2 tablespoons apple cider vinegar, and 1 tablespoon Dijon mustard. Then pour in the cabbage mixture and combine until evenly coated. Add salt and pepper to taste.
- 10) Cut the skin off the pineapple and slice into 9 ½ inch thick horizontal disc. Optional: char pineapple discs.
- 11) Toast Hawaiian rolls for about 5 minutes in the oven.
- 12) Layer on pulled pork, coleslaw, and pineapple to make your sliders and enjoy!

## INGREDIENTS

- 1 large pork butt 10-to-12-pound boneless pork shoulder or butt
- 2 tablespoons brown sugar
- 1 ½ tablespoon chili powder
- 1 ½ tablespoon salt
- 1 teaspoon of cumin
- ½ teaspoon of paprika
- ¼ teaspoon cinnamon
- 1 ½ onion, thinly sliced
- 6 garlic cloves
- 1 ½ cups water
- 2 servings LonoLife Beef Bone Broth
- ¾ cup barbecue sauce
- ½ medium green cabbage, outer leaves removed
- ½ small purple cabbage, outer leaves removed
- 3 carrots peeled and shredded
- ¾ cup mayonnaise
- 2 tablespoons apple cider vinegar
- 1 tablespoon dijon mustard
- 1 pineapple
- 1 package King's Hawaiian sweet slider buns
- salt and pepper to taste

# KETO MEATLOAF



SERVINGS

TIME

8 Person

~1 Hr

## DIRECTIONS

1) In Preheat oven to 375. In large mixing bowl add ground beef, eggs, pork skins, bone broth, onions, salt, pepper, garlic salt, and water. Mix until combined. Place in baking dish shape into loaf. Mix sauces and spread across top of meatloaf.

2) Bake for approximately 45 minutes or until completely cooked in middle.

3) If using Air Fryer set temperature at 400 for about 35 minutes. Omit adding sauces until the final 5 minutes of baking.

\*You can also sub out our Keto Beef Bone Broth for any one of our other bone broths



## INGREDIENTS

- 2 lbs ground beef
- 2 eggs
- 1 cup ground pork skins
- 1 serving LonoLife Keto Beef Bone Broth
- 2-3 tablespoons dehydrated minced onions
- ½ cup of water
- ½ teaspoon garlic salt
- ¼ cup BBQ sauce
- ¼ cup ketchup

# LONO-LIFESAVER BLOODY MARY



SERVINGS

TIME

1 Person

5 Min

## DIRECTIONS

- 1) Place ingredients in a mixing glass with ice. Shake until combined. Pour mixture over ice in a cocktail glass.
- 2) For garnish, place a slice of lime and olive on a toothpick and attach to top of a celery stick. Place whole celery into cocktail. Enjoy!

## INGREDIENTS

- 2 ounces of LonoLife Grass Fed Beef Bone Broth
- 4 dashes Tabasco sauce
- 2 dashes celery bitters
- 1 dash freshly squeezed lime juice
- 1 teaspoon whole-grain mustard
- 2 ounces vodka
- 2 ounces tomato juice
- 1 ounce jalapeño juice
- Ice
- Salt and pepper to taste

### GARNISH:

Celery, olive and lime



## FRENCH ONION SOUP

# FRENCH ONION SOUP

### SERVINGS

8-10 Bowl

### TIME

1.5 Hr

## DIRECTIONS

- 1) Cut onions course (strips, do not dice) add to large stock pot.
- 2) Sauté onions in butter for 12-15 minutes on medium to low heat until soft.
- 3) Toss fresh chopped garlic with the onions and sauté for another 2 minutes..
- 4) Add sea salt, sugar, pepper, and wine and bring to a bowl.
- 5) While you wait for the above to boil prepare the bone broth. Add 2 servings of the beef & 2 servings of the chicken bone broth to 8 cups hot water.
- 6) Add bone broth to stock pot and simmer for 1-1.5 hours (longer never hurts).
- 7) Taste and add more wine, salt or pepper if needed.

### TO SERVE:

- 1) Turn oven to high broil.
- 2) Pour soup into an oven safe bowl.
- 3) Put 1 slice of French bread in bowl.
- 4) Cover bread with slices of Munster cheese and add more soup if necessary.
- 5) Place in oven for 1-2 minutes to melt cheese on high broil.
- 6) Top with parsley leaves as garnish.
- 7) Enjoy!

## INGREDIENTS

- 2 servings LonoLife Chicken Bone Broth with 3.75 cups water
- 2 servings LonoLife Beef Bone Broth with 3.75 cups water
- 5 large onions (2 yellow, 2 sweet & 1 red)
- 1.5 sticks butter
- 2 tablespoons fresh chopped garlic
- 1 tsp sea salt
- 1 tsp sugar
- 1 tbsp ground pepper
- 1.5 cups red table wine
- 1 loaf French bread
- Munster Cheese
- Parsley to taste

