

# Chef Jeremy's Bone Broth/Stock

**Yield: 8 servings**

Gluten-free  
Dairy-free

## RECIPE CUSTOMIZATION

To make it low-FODMAP,  
omit onion

## Ingredients

5 quarts water  
4 lbs chicken bones  
1 medium onion, trimmed and quartered  
2 medium carrots, trimmed and quartered  
2 stalks celery, trimmed and quartered  
2 bay leaves  
1 tsp peppercorns, whole  
5 branches thyme  
5 branches parsley

## Directions

1. Place all ingredients in a stock pot.
2. Bring up to a gentle simmer. Continue to simmer for 3–4 hours.
3. Strain off all solid ingredients.
4. Cool the stock quickly in an ice bath.



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### Nutrition Facts

**Serving size 1** (21.4oz)

Amount Per Serving **607g**

**Calories** **15**

**% Daily Value**

**Total Fat** 0.1g **0%**

Saturated Fat 0g **0%**

**Cholesterol** 0mg **0%**

**Sodium** 42mg **2%**

**Total Carbohydrate** 3g **1%**

**Dietary Fiber** 1g **4%**

**Sugars** 1g

**Protein** 0g **1%**

Vitamin A **53%**

Vitamin C **6%**

Calcium **3%**

Iron **1%**