

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%