



BONE BROTH

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TITLE:
HEALING BONE
BROTH

PREP TIME:
20 MIN

TOTAL TIME:
8H

NOTES:
PLACE THE
INGREDIENTS IN
A POT AND ADD
COLD WATER TO
COVER THE
INGERDIENT.

INGREDIENTS:

- 500G BEEF
MUSCLE + BONE
- 5 CELERY
STICKS
- 1GLASS CHERRY
TOMATOES
- 2 CHOPPED
CARROTS
- 1 BIG ONION
- 2 CLOVES
- 8 BASIL LEAVES
- 2 TSP OF SALT

