



Nourish
your
Family

WITH HOMEMADE

**BONE
BROTH**

The Essential Guide to Bone Broth

What is Bone Broth?

Bone broth is a nutrient-dense, collagen-rich stock made by simmering bones, water, and sometimes vegetables or herbs over a long period. This process extracts vital minerals, amino acids, and collagen, making it a traditional staple for supporting wellness.

Why is Bone Broth Important?

Bone broth has been enjoyed for centuries, not only for its comforting warmth and flavor but also for its incredible health benefits. Rich in collagen, gelatin, and minerals like calcium and magnesium, bone broth is thought to support:

- **Joint Health:** Collagen from bone broth supports connective tissue, which helps maintain flexibility and joint strength.
- **Digestive Health:** The gelatin in bone broth can soothe and support gut lining, promoting overall digestive wellness.
- **Skin, Hair, and Nails:** Collagen can help keep skin elastic and hydrated, while also benefiting hair and nails.

Bone broth provides a wealth of easily absorbed minerals, essential amino acids, and gelatin—key to gut, joint, and bone health.

If you or someone in your family is dealing with arthritis, joint or back issues, weak teeth, skin or gut problems, brittle hair or nails, anxiety, depression, or even recovering from a broken bone or an illness, bone broth could be a game-changer.

How to Make Bone Broth

EASY BEEF BONE BROTH

Ingredients:

- 2–3 lbs of beef bones (marrow, knuckles, or meaty bones are ideal)
- Water (enough to cover the bones ~2")
- 1–2 tbsp apple cider vinegar
- Optional: carrots, onions, garlic, and fresh herbs like parsley

Instructions:

1. **Prepare the Bones:** Roast the bones at 400°F for 20-30 minutes to enhance the flavor, if desired.
2. **Combine Ingredients:** Add bones, water, and apple cider vinegar to a large stockpot. Let sit for 30 minutes.
3. **Simmer:** Bring to a boil, then reduce heat to low and simmer. For a rich broth, let it cook for at least 12–24 hrs.
4. **Strain and Store:** Remove solids, strain broth, and let cool. Store in the fridge for up to 5 days or freeze.

INSTAPOT TIP FROM KAITLIN:

“Our favorite thing to make with the soup bones is homemade hamburger helper! I just give the bones/veggie scraps/water a blast in the Instant Pot for a few hours—then proceed with making pasta in it...add cooked ground beef, onion, tomato sauce, cheese and cream! So easy and so yummy!”



How to use your “Liquid Gold” Bone Broth

Simple, delicious ways to enjoy it daily and make the most of its benefits:

- **Sip it Straight:** Start your morning with a warm mug of bone broth for a comforting, mineral-rich start to your day.
- **Soup & Stew Base:** Use bone broth as a foundation for any soup or stew. It adds rich flavor and boosts the nutritional value of classics like beef vegetable stew, or even chili.
- **Slow Cooker Meat:** Add bone broth to a slow cooker with your favorite cuts of meat to keep them tender and juicy. The collagen in the broth helps create a rich, flavorful sauce. You can even dip hamburgers in broth before serving.
- **Cook Your Grains:** Replace water with bone broth when cooking grains like rice, quinoa, or barley. This adds extra depth and nutrition to any dish, and your family will love the subtle, savory flavor.
- **Boost Hot-dishes:** Stir bone broth into hot-dishes for an added layer of flavor and nutrition. It’s an easy way to make your comfort foods more nourishing!

Three Delicious Recipes Using Bone Broth

1. Bone Broth For Breakfast

A warm and nourishing way to start your day!

Ingredients:

- 1 cup homemade bone broth
- Pinch of sea salt, to taste
- Black pepper, to taste
- Optional: a sprinkle of fresh herbs (like parsley or thyme) or a splash of apple cider vinegar or a squeeze of lemon juice



Instructions:

1. **Heat:** In a small saucepan, heat the bone broth until it’s warm but not boiling.
2. **Mix:** Pour into your favorite mug and season with salt, pepper, and any other flavors you’d like.
3. **Stir, sip, and enjoy:** the warmth and health benefits!

2. Hearty Beef and Potato Stew

A nourishing, comforting meal that brings out the rich flavors of beef and vegetables, with bone broth adding depth and nutrition.

Ingredients:

- 1 lb beef stew meat, cut into small pieces
- 1 tbsp butter
- 1 onion, diced (we use yellow & red onion)
- 3 carrots, sliced
- 3 celery stalks, chopped
- 3 cloves garlic, minced
- 3 red or yellow potatoes, cubed.
- 4 cups bone broth
- 1 cup water (or more broth, as needed)
- 1 tsp fresh thyme
- 1 tsp fresh rosemary
- 1 bay leaf
- Salt and pepper, to taste



Instructions:

- 1. Sear the Beef:** In a large pot or Dutch oven, heat the butter over medium-high heat. Add the beef pieces, season with salt and pepper, and brown on all sides (about 5–7 minutes). Remove the beef and set aside.
- 2. Sauté the Vegetables:** In the same pot, add the onion, carrots, and celery. Cook for about 5 minutes until the vegetables start to soften, then add the garlic and cook for another minute.
- 3. Combine Ingredients:** Return the beef to the pot. Add the bone broth, water, potatoes, thyme, rosemary, and bay leaf. Stir everything together and bring to a boil.
- 4. Simmer:** Reduce the heat to low, cover, and let the stew simmer for about 1-2 hours, stirring occasionally. Check to make sure the beef is tender and the potatoes are fully cooked. Add more water or broth if desired.
- 5. Season and Serve:** Taste and adjust seasonings with salt and pepper as needed. Remove the bay leaf, and ladle the stew into bowls.

3. Beef Stroganoff with Bone Broth

This hearty, creamy stroganoff is a delicious main dish perfect for showcasing the flavors of beef bone broth.

Ingredients:

- 1 lb beef sirloin or tenderloin, thinly sliced into strips
- Salt and pepper, to taste
- 2 tbsp butter, divided
- 1 medium onion, finely chopped
- 3 cloves garlic, minced
- 8 oz mushrooms, sliced (button or cremini)
- 1 cup beef bone broth
- 1 tbsp Worcestershire sauce
- 1 tsp Dijon mustard
- 1 cup sour cream or plain greek yogurt (we make our own!)
- Fresh parsley, chopped, for garnish
- Cooked egg noodles or rice, for serving (barley also tastes good)

Instructions:

- 1. Prepare the Beef:** Season the beef strips with salt and pepper. In a large skillet, heat 1 tablespoon of butter over medium-high heat. Add the beef in batches, cooking until browned on all sides (about 1-2 minutes per side). Remove the beef from the skillet and set aside.
- 2. Sauté the Vegetables:** In the same skillet, add the remaining tablespoon of butter. Add the onion and cook until softened, about 3 minutes. Add the garlic and mushrooms, and cook for another 5 minutes until mushrooms are golden and tender.
- 3. Make the Sauce:** Pour in the beef bone broth, Worcestershire sauce, and Dijon mustard. Bring to a simmer. Let it cook for about 5-7 minutes until slightly reduced.
- 4. Add the Sour Cream and Thicken:** Stir in the sour cream to make the sauce creamy. Let it cook for another 2-3 minutes until thickened.
- 5. Combine with Beef and Serve:** Add the beef back into the skillet, stirring to coat it in the sauce. Warm through for about 2 minutes.
- 6. Serve:** Spoon the stroganoff over cooked egg noodles or rice, and garnish with fresh parsley.

Meet Your Farmers

Hello! We're the Matzke family, and we're so happy to welcome you to our farm. I'm Leah, and along with my husband Benj and our five kids, we run our regenerative farm with a passion for nourishing both our bodies and our community.

We've been blessed to raise healthy, pasture-raised and 100% grass-finished beef & lamb, along with raw A2 milk and other wholesome foods that we can share with you. Our mission is to serve you with food that's raised with integrity and respect for God's creation.

As we head into cold and flu season, I do my best to have a pot of bone broth simmering on the stove. It's a wonderful way to support our immune systems and it's full of vitamins and minerals that help keep us strong and healthy. Plus, it's delicious!

I know life can get busy, especially when you're trying to feed a family with nourishing, budget-friendly meals. I'm here to help - reach out anytime at leah@greatheritagefarm.com with your thoughts and I'll get back to you.

Thank you for being a part of our farm's journey. We're so grateful to have you in our community and are excited to support you as you make choices for your health and your family's well-being.

Leah Matzke

