

## EUROPEAN BOUILLON SOUP (Bone Broth Soup)

4-5 Beef or Veal bone marrow bones  
4 stalks of celery, chopped coarsely with tops  
2 scallions, chopped  
2 bouillon cubes from health food store  
½ leek, chopped  
Pinch of nutmeg, sage, rosemary, oregano  
6 cloves  
½ bunch of parsley  
2 carrots, sliced coarsely  
1 medium parsnip  
5-6 peppercorns  
1 tsp. of caraway seed  
1 tbs. of fennel seed  
2 bay leaves  
Salt, to taste - use sea salt or Himalayan salt



### Optional:

Handful of seaweed (Dulse, Kelp, Non)

Combine all ingredients in a large stock pot. Fill to the top with water, cover and bring to a boil. Reduce heat and simmer on low heat for approximately 4-6 hours. Strain soup, retain broth and discard all other ingredients (vitamins and minerals will be in broth). Broth can be kept in mason jars when cool, or can be frozen for future use.

Serve this highly nutritious soup with any of these:

- Thin egg noodles
  - Cooked rice
  - Egg drop
  - Other vegetables, your choice
- ✚ Sprinkle chives on top just before serving.

### **Special NOTE:**

If you cannot find veal marrow bones, you may use beef marrow bones or chicken with bones. The marrow is a highly nutritious, high protein food that's easily assimilated into bloodstream. It is, therefore, the ideal food for a sickly child when the stomach cannot tolerate food.

If you use Veal bone marrow, when the soup gets cold, it will have the consistency of a light jello.

Whenever sautéing or stir-frying, this bouillon-based broth can be used to enhance the nutrient value of food. This soup contains all the essential factors to rebuild cartilage and joints. Eating it regularly could prevent arthritis in joints. It contains high levels of collagen protein for joint and skin repair.

*635 Primera Blvd., Ste: 101  
Lake Mary, FL 32746  
407-333-1059*