

Basic Beef Broth

Recipe makes 4 servings

Each serving = 1 protein, 1 vegetable

Makes about 4 cups.

Look for beef round cubes and trim off visible fat.

Ingredients



- 400 grams lean round roast or beef steak cubes
- 200 grams onion, roughly chopped
- 100 grams celery stalk with leaves, roughly chopped
- 1 medium tomato, roughly chopped
- 2 garlic cloves, roughly chopped
- 1 3-inch sprig rosemary
- 4 sprigs parsley
- 1 sprig thyme
- 1 bay leaf
- 8 cups water
- 1 Tablespoon Braggs liquid amino acids
- Sea salt and pepper to taste

Directions

1. Place all ingredients in a large soup pot and bring just to a boil over high heat.
2. Reduce heat to a very low simmer and cook, covered with a lid, for 2 1/2 hours.
3. Remove beef pieces with tongs and set aside.
4. Strain broth, discard vegetables and keep refrigerated or frozen.

