

BROTH QUICK START GUIDE

Congratulations! Unless you're a rocket scientist, the package you've just received may be the closest thing to rocket fuel that you will ever touch. **100% pure, rich, powerful.**

Like rocket fuel, real bone broth can be very powerful, but it can also be misused. So we want to give you three quick suggestions for what to do with your super-charged nutritious deliciousness!

What to do...



Try a hot cup of broth in the morning instead of coffee.



Use for cooking awesomeness (see back side for recipes).



Use or freeze your broth within 7 days.

What NOT to do...



Drink rocket fuel.
Bone broth is better.



Feed bone broth to your plants.



Put bone broth in your rocket fuel tank.



BONE BROTH RECIPES

Drink. Cook. Heal. Repeat.

Butternut Squash Soup (Serves 3-4)

Ingredients

1	Butternut squash, peeled, de-seeded, sliced
3 Cups	Real beef bone broth
2 Tbsp.	Olive oil
To Taste	Sea salt

Preparation

In sauce pot, add olive oil and squash, sweat for 5 minutes. Add beef broth and bring to a boil, then reduce to simmer. Simmer for 30 minutes. In a blender, puree mixture until smooth. Adjust seasoning with salt to taste then serve.

Tomato Puree (Serves 3-4)

Ingredients

28 oz. Can San Marzano whole tomatoes	2
Real chicken bone broth	3 Cups
Apple cider vinegar	1 Tbsp.
Olive oil	2 Tbsp.
Fresh basil, chopped	2 Tbsp.
Sea salt	To Taste

Preparation

In sauce pot, combine olive oil, a pinch of sea salt and tomatoes. Stir and let simmer for 5 minutes. Add chicken broth and basil. Bring to boil, then reduce to simmer. Simmer for 15 minutes. In a blender, puree mixture until smooth. Season to taste with sea salt then serve.