GLOBAL · DRINK · LUNCH

Blended Tomato Basil Bone Broth (Sipping Broth)

15 min · Makes 2 × 1 large mug (about 650 ml) · 247 kcal a portion

Video 10:42 · Naturally Nourished Ali Miller RD

Gluten-free ingredients · Dairy-free · Nut-free

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Each mug has about 19 g of protein, mostly from the bone broth, and the blended fresh tomatoes (pulp kept) add vitamin C, vitamin K and potassium, with extra virgin olive oil for healthy fats, in a warming savoury drink of about 250 kcal.

Diet notes: Low carb (9.2 g net carbs) but not keto: 55% of the energy is from fat, and keto meals get about 60% or more.

Ingredients

7 · MAKES 2 × 1 LARGE MUG (ABOUT 650 ML)

- [ ] 3 cups **bone broth**, brought to a simmer
- [ ] 3 cups chopped **Roma tomatoes**, mostly seeded (about 1½ lb whole)
- [ ] 2 cloves **garlic**, smashed
- [ ] ½ cup **packed fresh basil leaves** (half to garnish)
- [ ] ½ tsp **cracked black pepper**
- [ ] ½ tsp **sea salt**
- [ ] 2 tbsp extra **virgin olive oil**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Bring 3 cups bone broth to a simmer. Meanwhile halve the tomatoes lengthwise, scoop out most of the seeds with a spoon (juicy, fresh tomatoes can keep them) and chop to make 3 cups. 6:45
2. Take the broth off the heat and pour it into a blender with the tomatoes, 2 smashed raw garlic cloves, ½ tsp black pepper and ½ tsp salt. 7:45
3. Blend on medium-high, add half the basil, and with the blender running drizzle in 2 tbsp extra virgin olive oil until creamy. 8:05
4. Pour into 2 mugs and top with the rest of the basil, chopped. Sip warm. 9:27

> **Tip** As written it has about 1,000 mg sodium a mug, nearly half a day's limit: if your broth is salted, taste before adding the ½ tsp salt. Chicken or beef bone broth both work; choose one without maltodextrin or MSG.

The method is a summary in our words — the video shows every step.

One portion, 1 large mug (about 650 ml), gives you

1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
247 kcal	19 g	13 g	3.6 g	15 g	1,030 mg
1,030 kJ	37% of a day	9.2 g net · 7.1 g sugars	13% of a day	2.2 g saturated	45% of a day
		5% of a day		19% of a day	

Energy from net carbs 15% · protein 31% · fat 54% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin K 46% · Vitamin C 43% · Vitamin E 23% · Vitamin B6 20%

Source of (10–19%) Potassium 19% · Vitamin B12 15% · Vitamin A 14% · Folate 12% · Iron 11% · Magnesium 11%

Recipe and video: Naturally Nourished Ali Miller RD (@naturallynourishedRD) on YouTube — youtube.com/watch?v=JoVY1zdNpUc, published 1 October 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/blended-tomato-basil-bone-broth