GLOBAL · DRINK · SNACK

Three-Ingredient Beef Bone Broth

270 min · Serves 8 · 48 kcal a serve · Video 10:01 · Ribeye Rach

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

Bones simmered for hours release collagen as gelatin, so a mugful gives about 10 g of protein for under 50 kcal, with no vegetables, spices or additives. A warming, savoury drink between meals.

Diet notes: Low carb (0.5 g net carbs) but not keto: 14% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients 3 · SERVES 8

- [ ] 1.8 kg **beef soup bones**, roasted (makes about 1.9 L of broth)
- [ ] 1.9–2.4 L **water**
- [ ] **salt** (the cook uses Redmond Real Salt), to taste

Amounts in metric 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. Heat the oven to about 190°C. Spread 1.8 kg beef soup bones on a baking tray and roast 30–40 minutes until golden at the edges. It's optional but gives a deeper flavour. 1:14
2. Put the roasted bones in a pressure cooker with a little salt and 1.9–2.4 L of water, so the water comes almost to the top of the bones (stay below the max-fill line). 2:47
3. Seal and cook on the broth setting (high pressure) for 3 hours, then quick-release the steam. In a slow cooker instead, cook on low for as long as you like, up to 2 days. 3:54
4. Let it cool a little, then strain through a colander and again through a fine sieve into jars. Cool to room temperature (set a timer so it isn't left out) and refrigerate overnight. 4:37
5. Next day lift off the hardened fat and keep it for cooking. The broth should set like jelly. Reheat a mugful on the stove and salt to taste. 7:05

> **Tip** Makes about 1.9 L (8 serves of 240 ml is our estimate). Time excludes the overnight chill to lift off the fat. Keeps 3–4 days in the fridge, or freeze it. Any bones work; save the skimmed fat to cook with like tallow.

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

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
48 kcal	10 g	0.5 g	0 g	0.7 g	670 mg
200 kJ	21% of a day	0.5 g net · 0 g sugars	0% of a day	0.2 g saturated	29% of a day
		0% of a day		1% of a day	

Energy from net carbs 4% · protein 83% · fat 13% — very low carb (under 10% of the energy from carbs)

Source of (10–19%) Vitamin B12 10%

Recipe and video: Ribeye Rach (@ribeyerach) on YouTube — youtube.com/watch?v=2BZn2VajFHI, published 26 November 2021. 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/three-ingredient-beef-bone-broth