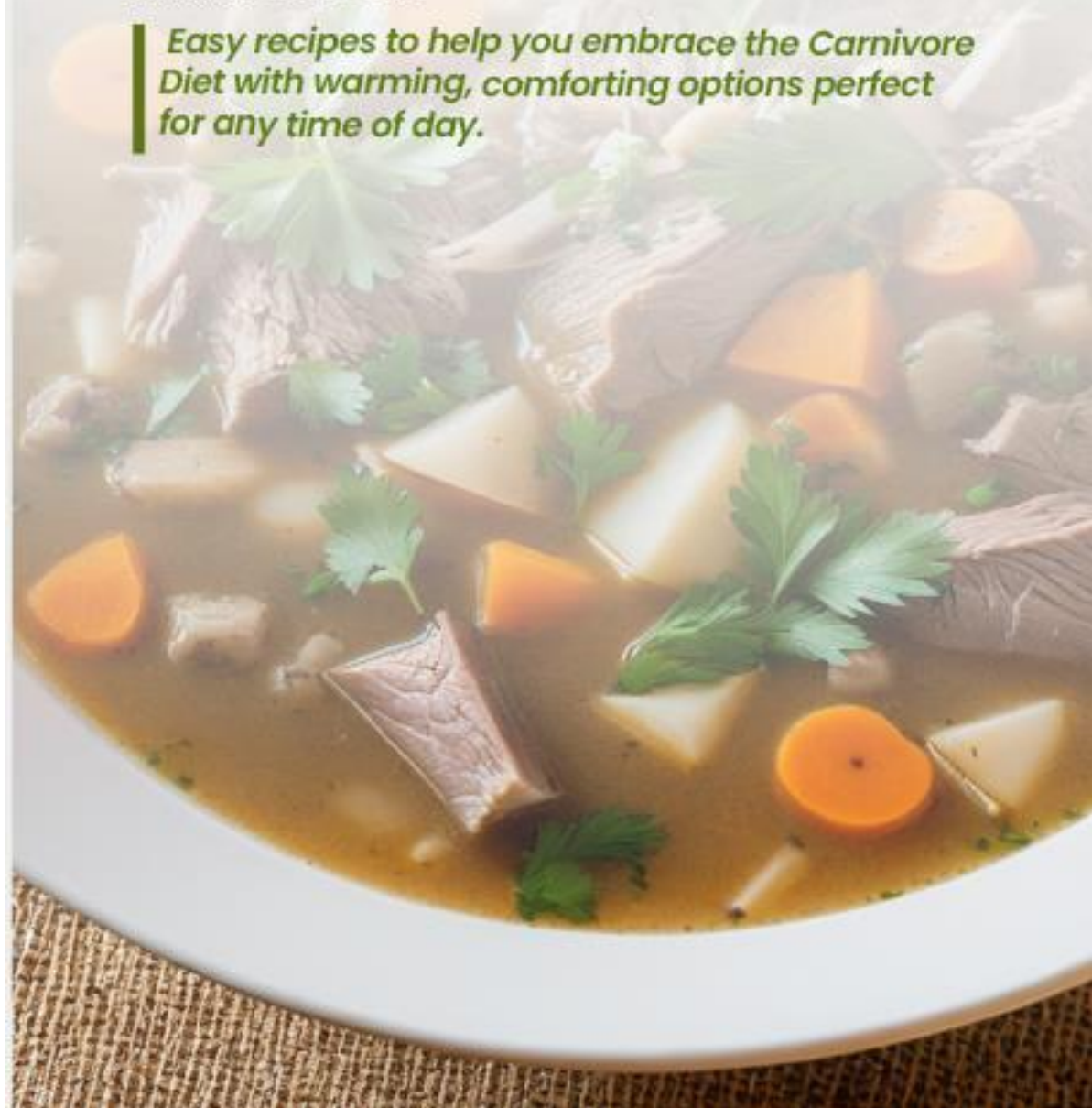

BY GLENDA THOMPSON

10X CARNIVORE DIET BONE BROTHS & SOUPS

RECIPES FOR BONE BROTHS AND SOUPS OFFERING
NUTRIENT DENSE MEALS THAT WILL FILL YOU UP AND
WARM YOUR SOUL

Easy recipes to help you embrace the Carnivore Diet with warming, comforting options perfect for any time of day.



Carnivore Diet Bone Broths and Soups

10 recipes for bone broths and soups that are rich in collagen and are nutrient dense meals that will fill you up and warm your soul

By Glenda Thompson

Disclaimer

The carnivore diet is a very low-carbohydrate, high-protein diet that consists of eating only animal foods and products, such as meat, fish, eggs, and cheese. Some people claim that this diet can help with weight loss, inflammation, and chronic diseases, but it is also very controversial and may have some risks and drawbacks.

The information and recipes in this cookbook are based on the personal experiences and opinions of the author, and are not intended as medical advice or diagnosis. The author is not a licensed nutritionist, dietitian, or medical professional, and does not guarantee the accuracy, completeness, or suitability of the information and recipes for any individual or purpose.

The carnivore diet may not be suitable or safe for everyone, especially for people with certain medical conditions, allergies, or dietary restrictions. It may also cause some side effects, such as nutrient deficiencies, digestive issues, high cholesterol, and kidney problems. Therefore, it is highly recommended that you consult your doctor before starting the carnivore diet, and monitor your health and blood tests regularly while following it.

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Introduction

This cookbook features easy recipes to help you embrace the Carnivore Diet with warming, comforting options perfect for any time of day.

Whether you're new to nose-to-tail eating or a seasoned pro, you'll discover tasty recipes using whole animal ingredients like beef shanks, bison bones, chicken feet, and rabbit meat.

Sip on Beef Shank Soup loaded with marrow and drizzled with parsley-garlic oil for a light yet filling start to your morning. Come dinnertime, ladle hearty Bison Broth filled with fall-off-the-bone meat chunks and plenty of minerals extracted from the bones. When you need a savory snack, wrap your

hands around a steamy mug of Chicken Feet Broth, known for its skin-rejuvenating benefits.

With the easy recipes in this book, I'll show you just how simple and satisfying bone broths and meat-centric soups can be! Whether enjoyed on their own or used to enhance other Carnivore Diet-approved foods, these steaming cups of goodness offer nourishment as well as warmth and comfort.

So grab your favorite mug, put on a pot of broth, and let's get started!

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Please note calories, fat, and protein are calculated per serving.



Basic Beef Bone Broth

Serves: 8 | **Prep time:** 15 mins | **Cook time:** 24 hours

Calories	Fats	Protein
50 kcal	2 grams	8 grams

INGREDIENTS

- 3 lbs beef bones
- 2 carrots, roughly chopped
- 2 celery stalks, roughly chopped
- 1 onion, roughly chopped
- 5 garlic cloves, smashed
- 2 bay leaves
- 1/4 cup apple cider vinegar
- Water to cover bones

INSTRUCTIONS

1. Preheat the oven to 350°F.
2. Place beef bones on a baking sheet and roast for 30 mins until browned.
3. Transfer bones to a large stock pot. Add vegetables, garlic, bay leaves, vinegar and enough water to cover bones by 2 inches.
4. Bring to a boil then reduce heat and simmer for 24 hrs, occasionally skimming any foam that rises to the surface. Add more water as needed to keep bones submerged.
5. Strain liquid through a fine mesh sieve into a large container.
6. Discard solids or pick remaining meat off bones to add back to broth later if desired.
7. Allow the broth to cool before refrigerating or freeze.



Chicken Broth

Serves: 6 | **Prep time:** 10 mins | **Cook time:** 12–24 hours

Calories	Fats	Protein
45 kcal	3 grams	4 grams

INGREDIENTS

- 3 lbs chicken bones/carcass
- 1 onion, quartered
- 3 carrots, chopped
- 3 celery stalks, chopped
- 1 head garlic, halved
- 5 sprigs parsley
- 2 bay leaves
- 1 tbsp apple cider vinegar
- Water to cover

INSTRUCTIONS

1. Place chicken bones/carcass in a large stock pot. Add quartered onion, chopped carrots and celery, halved head of garlic and parsley.
2. Pour in enough cold water to cover the ingredients by 3 inches.
3. Add the bay leaves and apple cider vinegar.
4. Slowly bring to a boil over high heat.
5. Reduce heat to low, maintaining a bare simmer. Simmer for 12–24 hours, skimming any film off the surface.
6. Strain through a fine mesh sieve.
7. Allow broth to cool before refrigerating up to 5 days or freeze up to 6 months.



Fish Bone Broth

Serves: 4 | **Prep time:** 5 mins | **Cook:** 3 hours

Calories	Fats	Protein
35 kcal	1 grams	6 grams

INGREDIENTS

- 2 lbs fish bones/heads
- 1 onion, chopped
- 3 carrots, chopped
- 3 celery stalks, chopped
- 1/2 lemon
- Small bunch parsley
- 2 bay leaves
- 1/2 tsp peppercorns
- Water to cover

INSTRUCTIONS

1. Thoroughly rinse fish bones/heads under cold water to remove impurities.
2. Place bones/heads in a large stock pot. Add chopped onion, carrots, celery, lemon half, parsley and bay leaves.
3. Pour in enough cold water to cover by 2 inches.
4. Bring the pot to a simmer over medium-low heat.
5. Cook uncovered for 2-3 hours
6. Strain liquid through a fine mesh sieve.
7. Allow broth to cool before refrigerating for up to 3 days or freeze for up to 3 months.



Roasted Pork Broth

Serves: 6 | **Prep time:** 10 mins | **Cook time:** 24 hours

Calories	Fats	Protein
60 kcal	3 grams	8 grams

INGREDIENTS

- 3 lbs pork neck bones
- 1 onion, roughly chopped
- 3 carrots, roughly chopped
- 3 celery stalks, roughly chopped
- 5 garlic cloves, smashed
- Small bunch parsley
- 2 bay leaves
- 2 tsp whole black peppercorns
- Water to cover bones

INSTRUCTIONS

1. Preheat the oven to 375°F.
2. Arrange pork bones in a single layer on a rimmed baking sheet. Roast 35–40 minutes, until well browned.
3. Transfer roasted bones to a large stock pot. Add chopped onion, carrots, celery, smashed garlic and parsley.
4. Pour in enough cold water to cover bones by 3 inches.
5. Add the bay leaves and peppercorns. Bring to a boil.
6. Reduce heat to low, maintain gentle simmer. Simmer for 24 hours, skimming fat/foam as needed.
7. Strain liquid through a fine mesh sieve.
8. Allow broth to cool before refrigerating up to 1 week or freeze for up to 6 months.



Hearty Beef Shank Soup

Serves: 6 | **Prep time:** 15 mins | **Cook time:** 3 hours

Calories	Fats	Protein
250 kcal	5 grams	25 grams

INGREDIENTS

- 1.5 lbs beef shank
- 2 onions, diced
- 3 carrots, sliced
- 3 celery stalks, sliced
- 3 garlic cloves, minced
- 1 tsp thyme
- 6 cups beef broth
- 2 bay leaves
- Salt and pepper

INSTRUCTIONS

1. Pat beef shanks dry and season with salt and pepper.
2. Sear shanks in a pot on high heat until browned, about 2–3 minutes per side.
3. Remove shanks and set aside.
4. In the same pot, sauté onions, carrots and celery for 5 minutes.
5. Add garlic and thyme, cook 1 minute more.
6. Pour in broth and add bay leaves.
7. Return shanks to pot, bring to a boil.
8. Reduce heat, simmer covered for 3 hours.
9. Remove the bay leaves.
10. Taste and adjust seasoning as needed before serving.



Spicy Chicken Organ Soup

Serves: 4 wraps | **Prep time:** 10 mins | **Bake time:** 1.5 hours

Calories	Fats	Protein
150 kcal	5 grams	15 grams per wrap

INGREDIENTS

- 1 lb chicken organs (heart, liver, gizzard)
- 1 onion, chopped
- 3 garlic cloves, minced
- 1 jalapeño, minced
- 1 tsp cumin
- 4 cups chicken broth
- Lime wedges

INSTRUCTIONS

1. Clean chicken organs thoroughly and chop into bite size pieces
2. Sauté onion and garlic 3 minutes in a pot over medium-high heat
3. Add chicken organs and jalapeño and cook for 5 more minutes
4. Stir in chicken broth, cumin and a pinch of salt
5. Bring to a boil, reduce the heat and simmer uncovered for 1 hour
6. Taste and adjust seasoning as needed
7. Serve with lime wedges



Lamb Stew with Marrow Bones

Serves: 6 | **Prep time:** 20 mins | **Cook time:** 1.5 hours

Calories	Fats	Protein
350 kcal	12 grams	25 grams

INGREDIENTS

- 2 lbs lamb shoulder, cubed
- 3 marrow bones, halved lengthwise
- 2 onions, chopped
- 3 carrots, sliced
- 3 celery stalks, chopped
- 3 garlic cloves, minced
- 1 cup red wine
- 4 cups beef broth
- 2 bay leaves
- Salt and pepper

INSTRUCTIONS

1. Season lamb cubes with salt and pepper.
2. Sear half the lamb in portions in a hot skillet until browned on all sides.
3. Remove browned lamb, repeat with remaining lamb.
4. In pot, combine onions, carrots, celery and marrow bones.
5. Pour in wine, bring to a boil.
6. Let the wine reduce for 5 minutes, then add broth, bay leaves and browned lamb.
7. Bring to a boil, then cover and reduce to simmer.
8. Simmer 90 mins until lamb is tender.
9. Discard the bay leaves and marrow bones before serving.



Clear Bison Broth

Serves: 6 | **Prep time:** 10 mins | **Cook time:** 24 hours

Calories	Fats	Protein
25 kcal	0 grams	5 grams

INGREDIENTS

- 3 lbs bison bones
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 tomato, quartered
- 1 bunch parsley
- 2 garlic cloves, smashed
- 2 bay leaves
- 8 peppercorns
- Water to cover

INSTRUCTIONS

1. Roast the bison bones at 400°F for 45 mins
2. Transfer the bones to a large pot. Add the vegetables, garlic, parsley, bay leaves and peppercorns.
3. Pour in cold water to cover by 3 inches.
4. Bring the pot to a boil then reduce heat to a gentle simmer.
5. Simmer for 24 hrs, skimming surface scum and fat regularly.
6. Strain liquid through a fine mesh sieve.
7. Cool broth before refrigerating it for up to 5 days or freeze for up to 6 months.



Chicken Feet Broth

Serves: 6 slices | **Prep time:** 10 mins | **Cook time:** 12 hours

Calories	Fats	Protein
50 kcal	2 grams	6 grams

INGREDIENTS

- 2 lbs chicken feet
- 1 onion, chopped
- 3 carrots, chopped
- 3 celery stalks, chopped
- 5 garlic cloves
- 1" ginger, sliced
- 1 bunch cilantro
- 2 bay leaves
- Water to cover

INSTRUCTIONS

1. Rinse chicken feet thoroughly under cold water
2. Place in large pot along with vegetables, garlic, ginger and cilantro
3. Add the bay leaves and enough cold water to cover by 2 inches
4. Bring to a boil over high heat
5. Reduce to a bare simmer and cook for 12 hours, skimming foam off surface
6. Strain liquid through a fine mesh sieve
7. Allow broth to cool before refrigerating up to 1 week or freeze for use later



Beef Liver Soup

Serves: 2 | **Prep time:** 10 mins | **Cook time:** 30 mins

Calories	Fats	Protein
150 kcal	5 grams	15 grams

INGREDIENTS

- 1 lb beef liver, sliced
- 1 onion, diced
- 3 carrots, sliced
- 3 celery stalks, sliced
- 2 garlic cloves, minced
- 5 cups beef broth
- 1 bay leaf
- Salt and pepper to taste

INSTRUCTIONS

1. Season the sliced liver with salt and pepper
2. Sauté the onion, carrots and celery for 5 minutes on medium-high
3. Add garlic and cook 1 minute more
4. Deglaze pan with 1 cup broth, scraping up brown bits
5. Add liver and remaining 4 cups broth, bay leaf and a pinch of salt
6. Simmer 20 minutes until liver is cooked through
7. Remove the bay leaf and blend soup if desired
8. Adjust seasoning and serve



Pork Neck Bone Broth

Serves: 4 | **Prep time:** 10 mins | **Cook time:** 24 hours

Calories	Fats	Protein
75 kcal	3 grams	10 grams

INGREDIENTS

- 2 lbs pork neck bones
- 1 onion, chopped
- 5 garlic cloves
- 3" ginger, sliced
- 1 jalapeño, halved
- 1 bunch cilantro
- 2 bay leaves
- Water to cover

INSTRUCTIONS

1. Rinse bones under cold water
2. Place in pot with onion, garlic, ginger, jalapeño, cilantro and bay leaves
3. Add enough cold water to cover by 2 inches
4. Bring to a boil over high heat
5. Reduce to low simmer and cook 24 hours
6. Skim foam and fat from surface periodically
7. Strain liquid through fine mesh sieve
8. Cool broth before storing up to 1 week refrigerated or 6 months frozen



Venison Broth

Serves: 6 | **Prep time:** 15 mins | **Cook time:** 8–10 hours

Calories	Fats	Protein
45 kcal	2 grams	7 grams

INGREDIENTS

- 3 lbs venison marrow bones
- 2 onions, chopped
- 4 carrots, chopped
- 3 celery sticks, chopped
- 1 cup cremini mushrooms
- 1 bunch parsley
- 1 tbsp apple cider vinegar
- 2 bay leaves
- Water to cover

INSTRUCTIONS

1. Arrange bones in single layer on baking sheet and roast at 400°F for 30 minutes.
2. Transfer bones to large pot, add vegetables, parsley, vinegar and bay leaves.
3. Pour in enough cold water to cover solids by 2 inches.
4. Bring to a low boil over high heat.
5. Reduce heat to low simmer and cook 8–10 hours.
6. Skim fat and foam from top.
7. Strain liquid through fine mesh sieve.
8. Cool the broth before storing it for up to 1 week refrigerated or 4 months frozen.



Warming Rabbit Stew

Serves: 4 | **Prep time:** 15 mins | **Cook time:** 1.5 hours

Calories	Fats	Protein
300 kcal	12 grams	25 grams

INGREDIENTS

- 2 rabbits, cut into pieces
- 2 carrots, chopped
- 2 parsnips, chopped
- 2 celery stalks, chopped
- 1 onion, chopped
- 3 garlic cloves, minced
- 2 cups red wine
- 4 cups chicken broth
- 2 bay leaves
- 2 sprigs thyme
- 1 tbsp tomato paste
- Salt and pepper

INSTRUCTIONS

1. Pat rabbit pieces dry and season with salt and pepper.
2. Sear meat in batches in pot until browned all over.
3. Remove the meat and set aside.
4. Sauté chopped veggies for 5 minutes.
5. Add garlic and tomato paste, cook for 1 minute.
6. Pour in wine, bring to boil and reduce by half.
7. Return meat and add broth, bay leaves, thyme.
8. Simmer covered for 1 hour until meat is tender.
9. Taste and adjust seasoning before serving.



Elk Broth

Serves: 6 | **Prep time:** 10 mins | **Cook time:** 24 hours

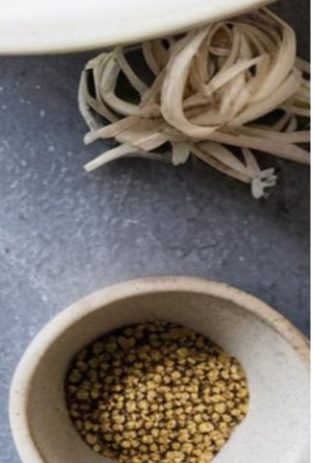
Calories	Fats	Protein
40 kcal	1 grams	5 grams

INGREDIENTS

- 3 lbs elk bones
- 1 onion, chopped
- 3 carrots, chopped
- 3 celery stalks, chopped
- 1 cup chopped asparagus
- 1 cup chopped dandelion greens
- 2 bay leaves
- Water to cover

INSTRUCTIONS

1. Roast elk bones at 400°F for 30 minutes.
2. Transfer bones to a large pot.
3. Add onion, carrots, celery, asparagus, dandelion greens and bay leaves.
4. Pour in enough cold water to cover by 2 inches.
5. Bring to a boil then reduce to simmer.
6. Simmer 24 hours, skimming fat and foam.
7. Strain through a fine mesh sieve.
8. Cool before refrigerating for up to 1 week or freeze up to 6 months.



Cold Meat Broth

Serves: 4 | **Prep time:** 5 mins (plus overnight chill time)

Calories	Fats	Protein
50 kcal	2 grams	5 grams

INGREDIENTS

- 1 lb leftover cooked beef/pork meat and bones
- 1 cucumber, sliced
- 1 cup cherry tomatoes, halved
- Lemon slices
- Salt and pepper
- 4 cups water or stock

INSTRUCTIONS

1. Add meat, bones, cucumber, tomatoes to a pot.
2. Pour in water/stock and add lemon slices.
3. Bring to a boil then reduce to simmer 30 minutes.
4. Strain liquid into pitcher or jars.
5. Refrigerate overnight to chill.
6. Season with salt and pepper before drinking.



Wild Boar Soup

Serves: 6 | **Prep time:** 20 mins | **Cook time:** 2 hours

Calories	Fats	Protein
300 kcal	10 grams	25 grams

INGREDIENTS

- 1.5 lbs wild boar meat, cubed
- 2 sweet potatoes, peeled and diced
- 3 carrots, sliced
- 2 parsnips, chopped
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 apple, cored and chopped
- 6 cups chicken or wild boar broth
- 1 bay leaf
- 1 tsp thyme
- Salt and pepper

INSTRUCTIONS

1. Pat boar meat dry and season with salt and pepper.
2. Sear cubed meat in batches until browned.
3. Remove meat, set aside.
4. In same pot, sauté veggies for 10 minutes.
5. Add garlic and apple, cook for 2 minutes.
6. Pour in broth and add the bay leaf and thyme.
7. Return browned boar meat to the pot.
8. Simmer covered 1.5 hours until meat is tender.
9. Remove the bay leaf, season and serve.



Carnivore Diet Bone Broths and Soups

Whether you're new to nose-to-tail eating or a seasoned pro, you'll discover tasty recipes using whole animal ingredients like beef shanks, bison bones, chicken feet, and rabbit meat.

With simple instructions, you'll learn hands-off methods for coaxing mouthwatering flavors out of these cuts while extracting gut-healing gelatin and collagen in the process.

With the easy recipes in this book, I'll show you just how simple and satisfying bone broths and meat-centric soups can be! Whether enjoyed on their own or used to enhance other Carnivore Diet-approved foods, these steaming cups of goodness offer nourishment as well as warmth and comfort. So grab your favorite mug, put on a pot of broth, and let's get started!