

Bone broth is the perfect healing dish—true dietary medicine, especially when properly prepared with locally sourced, grass-fed animals. Plus, its economical, sustainable, and tasty, which is why so many cultures around the world, from Mexico to Vietnam, depend on it. Lya Mojica and Taylor Chen, who run the company Bone Deep & Harmony, reveal the benefits and simple basics of creating this fabulous meal, and provide recipes for using it in soups, sauces, and stews. Make Borscht, Pozole, Pho, Mole de Olla (vegetables in spicy tomato and chicken broth), Lamb Tagine with Green Olives and Preserved Lemon, and even baby food. Being nutritious has never been as delicious!

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