

## Bull Brook Keep

### Beef Soup Bone Special - Quantities Limited

Broth prepared from the bones of healthy, pastured animals is reported\* to provide:

- **Collagen** is found in bones, ligaments, tendons and connective tissue, with more found in younger animals. Collagen supports the skin and internal organs, and cushions our joints. It is important for bone strength and health. Cooking at temperatures above 140°F breaks down tough collagen into sauce-thickening gelatin.
- **Gelatin**, though 84+% protein, is not a complete protein. It does, however, provide amino acids the body uses to make its own connective tissue. Gelatin also helps to assimilate plant-based proteins; work to increase the protein availability of wheat, oats and barley; and improve the digestibility of meat and beans. Gelatin can retain up to 10X its weight in moisture and tenderize tougher cuts of meat.
- **Minerals** makes bone hard, while collagen keeps them resilient. Bones contain calcium phosphate and small amounts of magnesium, sodium, potassium and sulphur.
- **Marrow**, found in the center of bones, is composed of “brain-building fat” (high levels in healthy cattle) and cholesterol. Contains high levels of lipids (alkylglycerols) important for cell membranes, and the immune system. Contains iron, phosphorous, vitamin A, and trace amounts of thiamin and niacin.
- **Proteins** are constructed from amino acids. While bone broth doesn’t provide all nine “essential amino acids,” its components help in the digestibility of other foods. Broths and stews provide more nutrition when made with — or combined with — fish, meat, organ meats, poultry, eggs or dairy.



100% grass-fed



Gelled beef broth

\*See *Nourishing Broth* (2010), by Sally Fallon Morell and Kayla T. Daniel, PhD, CCN; *Fat* (2008), by Jennifer McLagan; *On Food and Cooking* (1984), by Harold McGee; *The Science of Good Cooking* (2012), Cook’s Illustrated.