

# Low FODMAP Bone Broth

*Created by Kristy Regan for the NUNM SIBO Lab*

This recipe is adapted from [Weston A. Price](#). Making bone broth with joints, chicken carcasses or other cartilaginous bones will result in a high FODMAP bone broth when the polysaccharides leach from the cartilage into the broth. Some people react to high FODMAP bone broth and some do not. It's important to test your individual reaction or simply make the bone broth without cartilage. The recipe below is for a low FODMAP bone broth, made without cartilaginous bones.

Makes approximately 16 one cup servings

## Ingredients

- Approximately 3 pounds beef marrow bones
- Approximately 4 or more quarts cold water
- 1/2 cup vinegar
- 2 Tablespoons ghee or coconut oil
- 2 pounds non cartilaginous beef stew meat
- 1 bunch green onions, green parts only, coarsely chopped
- 3 carrots, coarsely chopped
- 3 celery stalks, coarsely chopped
- Several sprigs of fresh thyme, tied together or 2 teaspoons dried thyme
- 1 teaspoon dried green peppercorns, crushed or freshly ground pepper (optional)
- 1 bunch parsley
- Salt to taste

## Instructions

1. Place the marrow bones large soup pot with vinegar and cover with water and let stand for one hour.
2. Heat the ghee or oil in a large frying pan until hot. Add the stew meat and cook until well browned.
3. Add the meat and fat from frying to the soup pot as well as the vegetables.
4. Add additional water, if necessary, to cover the bones but make sure it doesn't reach the top of the soup pot.
5. Bring to a boil. With a wooden spoon, skim off and discard any scum that rises to the top.
6. Reduce heat to a simmer and add the thyme and crushed peppercorns or ground pepper.
7. Simmer stock for at least 12 and as long as 72 hours. Add water as needed to maintain the amount of beginning level.
8. Before finishing, add the parsley and simmer another 10 minutes.
9. Remove bones and stew meat from the pot with a slotted spoon. The leftover meat and bones will have less nutritional value but can be used as dog treats if desired.
10. Strain the stock into a large bowl or other container and cool in refrigerator.
11. When cool, remove any fat that has risen to the top.
12. Transfer to smaller containers if desired and refrigerate and/or freeze. For refrigerated broth, consume within three days.