

VIDEOS ON HOW TO MAKE:

Bone Broth Lentil Soup | The Chew

<https://www.youtube.com/watch?v=4SolPQJQL1w>

Ingredients:

Lentils
Ginger
Turmeric
Cinnamon
Sweet potato
Sauerkraut Bone Broth



Beef Bone Broth/ The Chew

<https://www.youtube.com/watch?v=914u0WT-474>

Traditional Vietnamese Pho

[Quang Tran](https://www.youtube.com/watch?v=9bIKFdST8D0) <https://www.youtube.com/watch?v=9bIKFdST8D0>

Ingredients for Vietnamese Pho Stock:

12 quarts water
2 racks beef ribs
2 beef tendon
1 Char Onion
1 Char Ginger
8-10 Star Anise
2 Tbsp Corriander-Seed
1 Cinnamon Stick



Bone Broth Based Soups to Eat Daily

- 1 Clumb Rock Sugar or Brown Sugar
- 1 Tbsp Salt
- 6-8 Tbsp Fish Sauce
- (Adjust & Taste To your Liking)

Directions:

1. Cook the broth for 5 hours then strain the bones and bits and pieces out, then return the broth to the stove and add back in the beef bones and meats and optional beef meat balls and bring back up to a boil
2. Soak the noodle, then cook briefly for 2 minutes until soft
3. Plate your bowl of soup with noodles, the meats (beef inside round rare, beef rib, meat balls, onions, scallions, cilantro, scallions and broth. Then add your Pho toppings with basil and cilantro and Thai Chilli (optional) with your pickled onions

Pickled Onion for Pho

Ingredients

- 1 large Thinly slice Onion
- 1 Tbsp Cayenne Pepper
- 1 Cup Vinegar
- 2 Tbsp Sugar



Pho Toppings

- Fresh Green onions / Scallions sliced
- Fresh Cilantro Chopped
- Fresh Thai Basil
- Lime Sliced into wedges
- Chilli Peppers
- Bean Sprouts



Optional Recipe for Pho by [The Culinary Institute of America](https://www.culinaryinstitute.com/)

<https://www.youtube.com/watch?v=xxM4t8vP-0A>