



winter warmer

BONE BROTH AND STEW.

By Nutritionist Jacqueline Ryan

Our immune systems can be supported in many ways throughout the cold winter months, such as with supplementation, exercise, ensuring adequate sleep, proper hydration, managing our stress levels and avoiding alcohol and smoking. The food we feed our bodies daily is the most important way to keep the immune system functioning to its optimum.

Choosing the right foods isn't that difficult. Basically, stick to the essentials by avoiding all processed and sugar-laden foods. Instead, eat a wide range of vegetables, fruits, wholegrains, nuts, seeds, fish and meat. Introduce fermented foods such as kefir, kombucha or sauerkraut which maintain a healthy gut, to ensure your immune system runs well. Increase immune boosting foods and herbs such as garlic, mushrooms (shiitake/ maitake/ reishi), vitamin C and zinc-rich foods, ginger, turmeric, elderberry and echinacea.

As the cold, dark days of winter appear, our cravings often turn to comfort foods – so a hearty stew may be the ultimate meal to warm you inside and out. Stews are an ideal winter dinner as they are a comforting, soothing meal, which is easy to digest and packed full of nutrition to help support the immune system. Beef stew is an excellent source

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of protein, iron, fibre, antioxidants, B vitamins, zinc, selenium, phosphorus, vitamins A and K. One of the main ways to really boost the immune properties of your stew is by making it with a homemade bone broth.

Regular bone broth consumption helps supply your body with a high concentration of nutrients and minerals. It is one of the most traditional, nourishing and nutrient-dense foods available. Its endless list of health benefits include: – supporting our digestive system by strengthening gut integrity and the assimilation of nutrients, reducing inflammation in the body and supporting detoxification, boosting our immune system, mood

and energy, promoting sleep and healthy skin, hair and nails, and protecting our bones and joints. Conveniently, it can be made in advance and stored in the fridge or frozen. Making a large batch is a great way to have it on hand to boost the nutritional value of your stews. You can add bone broth to any other recipe or simply sip it on its own to gain its benefits.

Beef Bone Broth:

Put beef bones (organic or grass fed) in a pot with 4 litres of water. Add 2 tablespoons of apple cider vinegar, 1 whole head of garlic peeled and smashed. Add vegetables of your choice such as celery, carrots, onion and leek.



Bring to a boil. Reduce to a low heat, simmer, cover and cook for 6 to 24 hours. The longer you leave it to slow-cook, the more nutritious it becomes. Once cooked for the desired time, strain the vegetables and bones from the broth. Add mineral-rich sea salt and black pepper to taste, drink as a hot beverage or use in stews and soups. Store in the fridge for 5-7 days or freeze for up to 6 months.

BONE BROTH STEW



600g of cubed stewing meat (organic or grass fed)
1 onion, chopped
3 carrots, chopped
1 parsnip, chopped
1 celery stalk, chopped

50g mushrooms
1 cup of frozen peas
3 cloves of garlic, crushed
2 tsp. fresh rosemary, finely chopped
1 bay leaf
1 tbsp. of tomato puree
700ml of beef bone broth
Salt and black pepper

1 In a large saucepan heat coconut or olive oil, add the onion and garlic. Add the stewing beef and fry quickly until browned all over. Add the vegetables (except the frozen peas) with the sealed beef and mix them well. Cook for 3-4 minutes until all the vegetables are coloured and glazed, as well as the beef.

2 Next, add the tomato puree and fully cover the meat and vegetables with the beef bone broth. Add the bay leaf and rosemary. Allow to come to the boil, then reduce the heat to a gentle simmer and cook for 2 hours. Cook until the meat and vegetables are tender and the broth has reduced to a nice consistency. Add the frozen peas 5 minutes before serving.

3 Season to taste. Ladle into bowls and serve with a little mashed potato and some chopped parsley or mixed herbs.

Tips for additional winter stew immune boosters:

- More vegetables means more nutrition.
- Have with mashed cauliflower or sweet potato instead of white potatoes.
- Add beans and lentils for extra protein and nutrients. This will also keep you fuller for longer.
- For convenience without losing nutrients, cook your stew in a slow cooker.
- There is no need for heavy cream, flour or sauces – the meat and a bone broth will add flavour. Longer cooking time and using less water will help thicken up the liquid.

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