

Easy For Busy Box Set (6 In 1): Freezer 5 Ingredient Cast Iron Bone Broth Ketogenic And Vegan Meals For People On The Go (Dump Recipes 2)

Freezer Ingredient Cast Iron Bone Broth Ketogenic And Vegan Meals For People On

Dr. Brooke Goldner's new cookbook, Freezer Ingredient Cast Iron Bone Broth Ketogenic And Vegan Meals For People On, is a comprehensive guide to using cast iron cookware to prepare delicious and nutritious meals. The book includes over 100 recipes for a variety of dishes, including soups, stews, casseroles, and more.

One of the benefits of using cast iron cookware is that it retains heat well, which makes it ideal for cooking on low heat. This helps to preserve the nutrients in the food and results in more flavorful dishes. Cast iron cookware is also very durable, so it can withstand frequent use.

Dr. Goldner's book includes recipes for both ketogenic and vegan diets. The ketogenic diet is a high-fat, low-carbohydrate diet that has been shown to have a number of health benefits, including weight loss, improved blood sugar control, and reduced inflammation. The vegan diet is a plant-based diet that excludes all animal products.



Easy for Busy Box Set (6 in 1): Freezer, 5-Ingredient, Cast Iron, Bone Broth, Ketogenic and Vegan Meals for People on the Go (Dump Recipes Book 2) by Adams Media

★★★★★ 5 out of 5

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| Language | : English |
| File size | : 2941 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| Word Wise | : Enabled |
| Print length | : 559 pages |
| Lending | : Enabled |



Whether you're following a ketogenic or vegan diet, or simply looking for new and healthy recipes, Dr. Goldner's book is a great resource. The recipes are easy to follow and the ingredients are readily available. You can also find tips on how to prepare and cook bone broth, which is a nutrient-rich liquid that can be used in a variety of dishes.

Tips for Cooking with Cast Iron Cookware

- Preheat your cast iron cookware before adding food. This will help to prevent sticking and ensure that your food cooks evenly.
- Use a little bit of oil or butter to grease the pan before cooking. This will help to prevent sticking and add flavor to your food.
- Cook over low heat. Cast iron cookware retains heat well, so there is no need to cook over high heat. Cooking over low heat will help to prevent burning and will allow the food to cook evenly.
- Don't overcrowd the pan. If you overcrowd the pan, the food will not cook evenly and will be more likely to stick.
- Clean your cast iron cookware properly. Cast iron cookware should be cleaned with hot water and a stiff brush. Avoid using soap, as this can

damage the seasoning.

Recipes from Freezer Ingredient Cast Iron Bone Broth Ketogenic And Vegan Meals For People On

The following are a few recipes from Dr. Goldner's book:

- **Ketogenic Tuscan Kale Soup**

Ingredients:

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 3 cups chicken broth
- 1 cup water
- 1 bunch kale, chopped
- 1/2 cup heavy cream
- 1/4 cup grated Parmesan cheese
- Salt and pepper to taste

Instructions:

1. Heat the olive oil in a large cast iron pot over medium heat.
2. Add the onion and garlic and cook until softened.

3. Add the chicken broth, water, and kale. Bring to a boil, then reduce heat and simmer for 15 minutes.
4. Stir in the heavy cream, Parmesan cheese, salt, and pepper. Cook for 5 minutes, or until heated through.

- **Vegan Lentil Curry**

Ingredients:

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground turmeric
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 1 (14-ounce) can lentils, rinsed and drained
- 1 (14-ounce) can diced tomatoes
- 1 cup vegetable broth
- Salt and pepper to taste

Instructions:

1. Heat the olive oil in a large cast iron pot over medium heat.

2. Add the onion and garlic and cook until softened.
3. Add the cumin, coriander, turmeric, cinnamon, and cloves and cook for 1 minute, or until fragrant.
4. Add the lentils, tomatoes, vegetable broth, salt, and pepper. Bring to a boil, then reduce heat and simmer for 20 minutes, or until the lentils are tender.

- **Bone Broth**

Ingredients:

- 1 pound beef bones
- 1 pound chicken bones
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 10 cups water
- 1 tablespoon apple cider vinegar

Instructions:

1. Preheat the oven to 350 degrees Fahrenheit.
2. Spread the bones on a baking sheet and roast for 30 minutes, or until browned.

3. Transfer the bones to a large cast iron pot. Add the onion, carrots, celery, water, and apple cider vinegar. Bring to a boil, then reduce heat and simmer for 24 hours.
4. Strain the bone broth into a clean container. Let cool completely before refrigerating or freezing.

Dr. Brooke Goldner's new cookbook, *Freezer Ingredient Cast Iron Bone Broth Ketogenic And Vegan Meals For People On*, is a comprehensive guide to using cast iron cookware to prepare delicious and nutritious meals. The book includes over 100 recipes for a variety of dishes, including soups, stews, casseroles, and more. Whether you're following a ketogenic or vegan diet, or simply looking for new and healthy recipes, Dr. Goldner's book is a great resource.

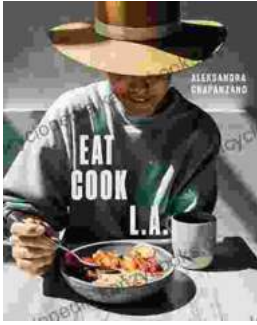


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