

T H E O D O R A

speaks



Sam Olson's Recipe

Homemade Bone Broth

For the mama constantly on the go, I love to have bone broth ready in the fridge/freezer! I love it on its own in replace of an afternoon snack or cup of coffee, added to soups and stews that call for any type of broth, and even to throw in when cooking noodles, potatoes, etc. Bone broth contains many important vitamins and minerals and has been shown to support a healthy digestive system, fight inflammation, improve joint health, promote satiety, and improve brain function and sleep. Not to mention it was wonderful to drink postpartum to promote healing. I used to be a store bought bone broth gal, but I recently discovered the ease (and amazing flavor) of making your own! I'm all about saving time and energy, so here's what I do:

- Save bones from whole chicken (yep even your store bought rotisserie one), and/or bone-in meats.
 - Add bones and any leftover parts/meat to crock pot
 - Fill with water
 - Add veggies and seasoning (I love himalyan salt, pepper, garlic, onion, carrots and celery)
 - Bring to a simmer and then leave on low for 16-24 hours.
 - Strain to extract just the broth
-
- I will typically get 2 meals and a week's worth of bone broth. I'll serve my family the roast or rotisserie chicken, then take the veggies, left over meat, and some broth from the crockpot and turn it into soup (P.S. even my little picky eaters love the soft veggies!), plus have the bone broth to serve with my lunches or as an afternoon snack through the week.

Amy Stevens' Recipe

Chicken Burgers

Ingredients

- 1lb ground chicken
- 1 egg
- Black beans (1 can <size of your choice> drained and rinsed)
- Corn (1 can <size of your choice> drained, can also be Mexican corn)
- Optional:
- Pico de Gallo (from your local grocery store's produce section)
- 1 Avocado
- Cheese of your choice
- Bread (toasted bun, tortilla, leafy lettuce, etc)

Directions

- Rinse & drain the beans, then place them in the bowl
- Drain the corn and add it to the beans in the bowl
- Add the ground Chicken and the egg
- Mix well using your hands
- Form patties
- Grill until chicken juices run clear or internal temp is 170°
- Top with pico de Gallo
- Melt cheese on top of the pico
- Serve however you like~We enjoy it on a toasted bun or wrapped in a giant lettuce leaf topped with avocado!