

## **Leg Bone Soup**

May be adapted for moose, caribou, deer, mountain goat, cow, lamb shank, etc. and/or ribs of all of the above animals

### **Suggested Ingredients**

Segments of leg bone shaft and joints

Cubed meat from roast, strap, or whatever you have

Onion

Carrot

Shredded cabbage, broccoli stem, or celery

Canned diced tomatoes

Leftover wine

Beef bouillion

Sea salt

Fresh ground pepper

Onion powder

Short grained brown rice

### **Suggested Tools**

Dutch oven or oven proof pot with oven proof lid

Saute pan

Tongs

Wooden spoon

### **Suggested steps**

Brown bones in the soup pot of your choosing over medium heat. If you have marrow bones stand the bones on end to sear the marrow and season with salt and pepper as you go. Simultaneously saute onion and chosen vegetables in separate pan. Lightly season the veggies with salt and saute until onions are clear and veggies have softened. When your bones are browned and seasoned add your cubed meat and season as you brown that. When meat and bones are browned add the tomatoes with their liquid. Add the veggies to the pot. Pour in your old wine

mixed with dissolved bouillon paste and cover all in the pot with warm water. Leave the pot on the stove until you see a simmer bubbling up to the surface of the soup. Cover with lid and place in pre-heated oven of 275 degrees Fahrenheit. Cook for roughly 5-6 hours. Add 1/3 cup of rice to the pot about 2 hours from time of serving. If it looks like too much of the broth has evaporated when you add the rice, add some water.

Enjoy!!