

# How to brodo



# First, a welcome from my window

Whether you're new to Brodo or an existing subscriber, thank you for bringing Brodo into your home.

Brodo is the only broth on the market that matches the standards of the country's finest restaurants. I know because I've worked in them for over three decades. Making broth from scratch takes time and true commitment. But, when it comes to giving people a shortcut to the pleasures and beneficial properties of good stock, we say "better is worth the bother."

Brodo is a simple way to transform your kitchen, your diet, and your health. Whenever I need a snack, I pour a pack into a mug. Whether my family wants a quick and healthy lunch or a long cooked, wholesome meal I don't need to think twice. This guide will get you started, but the possibilities are endless.

*Marco*

**CHEF MARCO CANORA**  
**JAMES BEARD AWARD, BEST CHEF NYC**



# The flavors that made us famous on the streets of NYC

## Spicy Nonna

Roasted Garlic & Chili



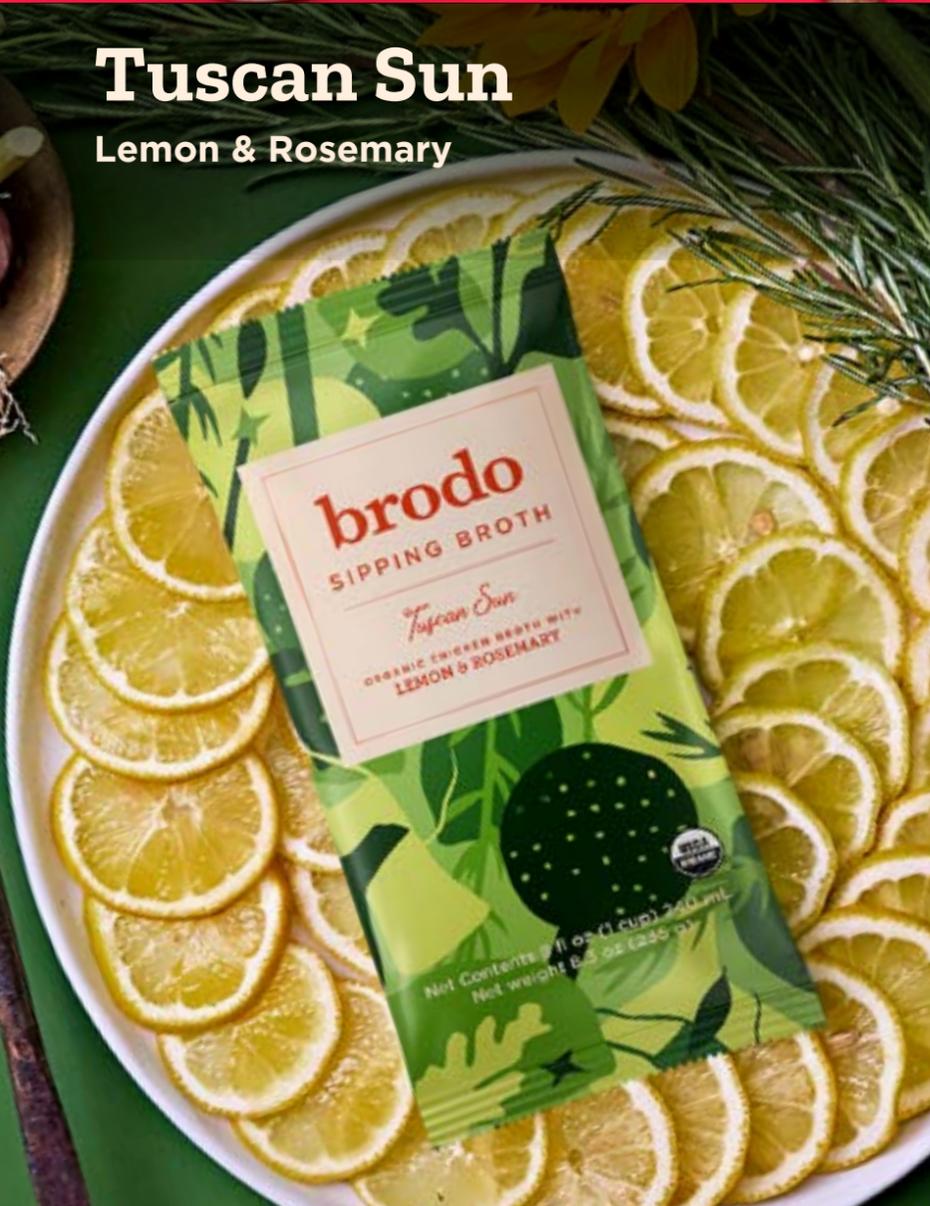
## Deeply Rooted

Ginger & Turmeric



## Tuscan Sun

Lemon & Rosemary



## Tom Yum

Lime, Curry, Lemongrass & Chili



## Don't forget the classics

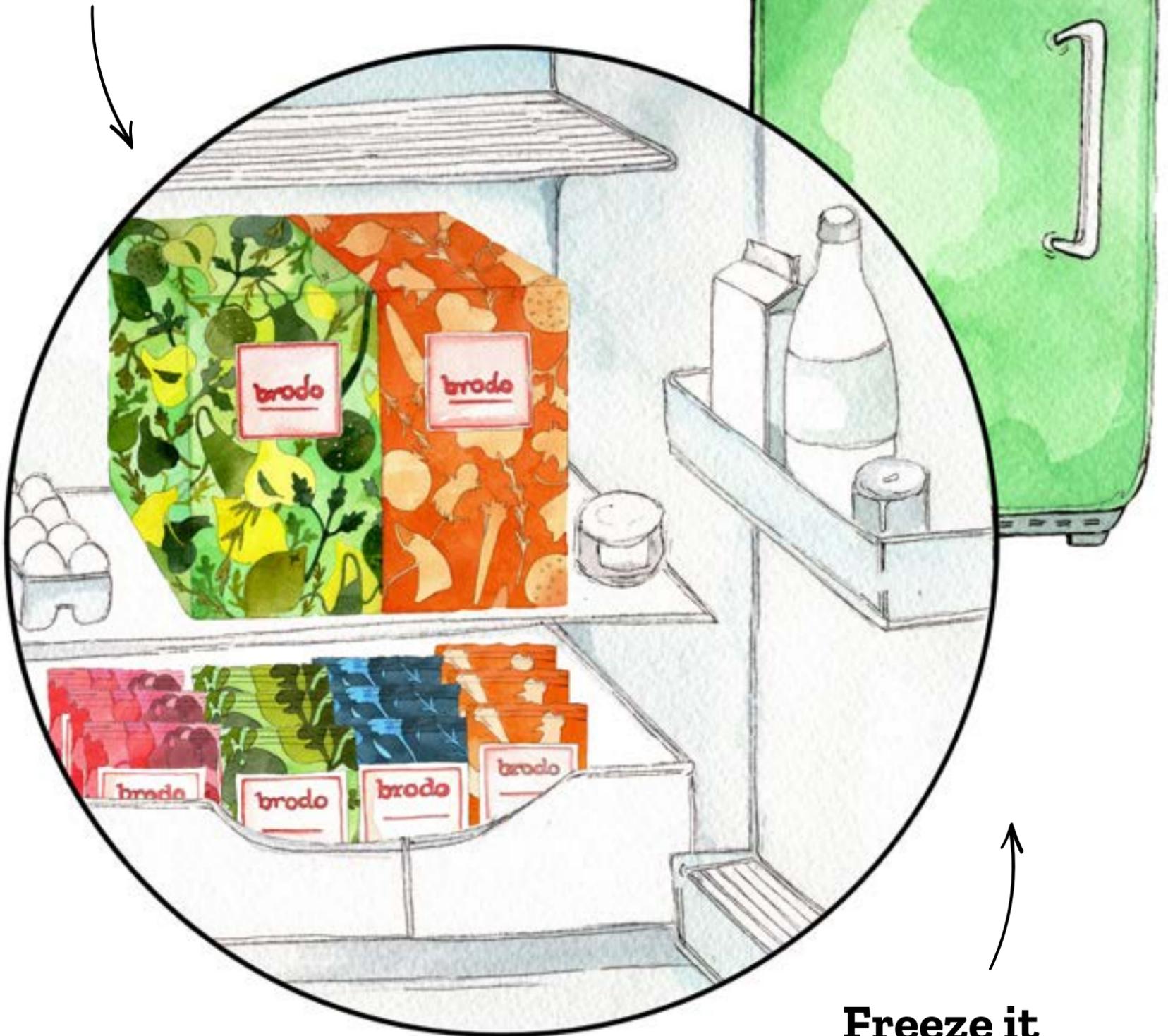
Our organic chicken, 100% grass-fed beef and signature heart bone broths make the perfect base for any beverage or soup.

# Storing your Brodo

Don't worry, it's easy. Just pick a door.

## Fridge it

Your broth will be thawed and quicker to heat at a moment's notice. Stays fresh for 7-10 days.



## Freeze it

Stays fresh for a full year. Move your backups to the fridge or heat from frozen as required.



## Pro Tip

Run your frozen broth under warm water to loosen prior to opening.

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# Heating your Brodo

Three simple steps. No muss, no fuss.

**1**

## Cut the pouch open

(We recommend scissors, not teeth.)



**2**

## Heat the broth

Aromas may trigger memories of Grandma's kitchen.



### This Way

Empty pouch contents into a pot, then bring to a boil and serve. Electric kettles work, too!



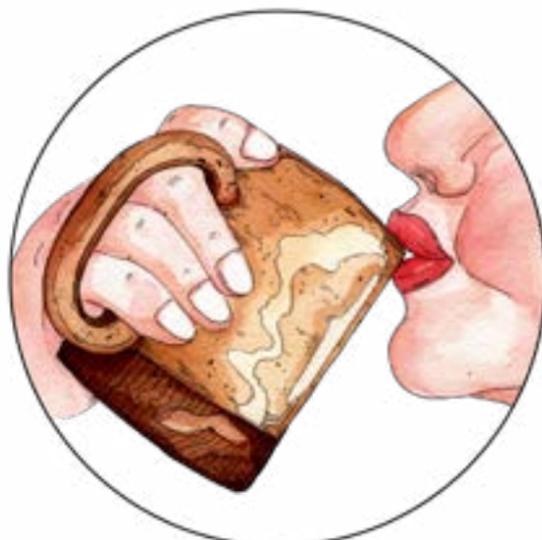
### Or, That Way

Empty pouch contents into a mug. Microwave for 1-2 minutes at a time until you find your perfect temp.

**3**

## Sip from your favorite mug

And enjoy, of course.



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**“Depending on my mood, I’ll keep my drink simple with just a squeeze of lime—or, I’ll get a little fancier and froth in some silky coconut milk.”**

**Erin**

Seattle, Washington



**ADD A SQUEEZE OF CITRUS**

Brighten up your beverage with fresh limes or lemons.



**ADD HERBS & SPICES**

Pulverize fresh herbs to a paste with a mortar & pestle, or sprinkle dried spices directly from your pantry.



**ADD HEALTHY FATS**

Buzz in butter, ghee, an egg, coconut milk or EVOO for a richer, more filling, latte-like beverage.



**CHEF’S TIP: TEMPERING AN EGG**

For breakfast (or anytime) try adding an egg yolk into your broth. To create an eggnog-like consistency, buzz the egg yolk in about an ounce of broth, then top off your mug with broth.

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# Bowl Ready

## Our favorite type of recipe is a... **No-Recipe Recipe**

Time is precious. Recipes shouldn't be.

1

### Grab any & all veggies from your fridge

Chop them up and saute in olive oil for 3-4 minutes. Season with salt & pepper, plus any herbs and spices you like (garlic is always a welcomed addition!).



2

### Add your favorite Brodo flavor

Simmer for 5 minutes, or until veggies are tender.



3

### Finish with your favorites

You can't go wrong with parmesan cheese and olive oil on top. Add whole grains, pasta or shredded chicken for an even heartier dish.



*Manco*

"I like to add about one cup of veggies for every cup of broth."

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# Recipe Ready

“  
**Indeed, stock is everything in cooking.  
Without it, nothing can be done.**

**Auguste Escoffier**  
French Chef Extraordinaire



## **BRAISE OR STEW**

A time-tested method for amping up meatiness and flavor. The quality of your braise or stew is 100% dependent on the quality of your broth.



## **MAKE A PAN SAUCE**

When you roast a piece of protein, you're left with browned bits on the bottom of the pan. Those bits are flavor bombs! Add Brodo to your pan, bring to a boil and scrape those bits up with a wooden spoon.

FINISHING TIP: Add some chopped herbs and a squeeze of lemon.



## **BOIL YOUR GRAINS**

Water is cool and all, but cooking your grains (rice, quinoa, farro) in Brodo creates greater flavor and nutritional value.

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# Broth Fasts and Resets

ADVANCED LEVELS	<b>THE BROTH &amp; NOTHING BUT THE BROTH FAST</b> Broth only  CUPS	<b>THE KETO CURIOUS RESET</b> Broth with fats buzzed in  CUPS
 <b>Breakfast</b>	Deeply Rooted + a squeeze of lemon	Deeply Rooted + squeeze of lemon + 1 Tbsp. grassfed butter
 <b>Lunch</b>	Tuscan Sun	Tuscan Sun + 1 Tbsp. extra virgin olive oil
 <b>Snack</b>	Spicy Nonna	Spicy Nonna + 1 Tbsp. EVOO
 <b>Dinner</b>	Tom Yum x2 + lime wedge	Tom Yum x2 + 3 Tbsp. coconut milk
	<b>Daily Nutrients</b>  Protein _____ 35g Carbohydrates _____ 7g Calories _____ 195kcal Fat _____ 1g Sugar _____ 1g	<b>Daily Nutrients</b>  Protein _____ 35g Carbohydrates _____ 7g Calories _____ 537kcal Fat _____ 40g Sugar _____ 1g

BEGINNER LEVELS	<b>THE EAT THE RAINBOW RESET</b> Broth with vegetables  BOWLS	<b>THE HOLY MACROS RESET</b> Broth with vegetables and fat  BOWLS
 <b>Breakfast</b>	Deeply Rooted + 1 cup spinach + squeeze of lemon	Deeply Rooted + 1/2 cup spinach + 1 egg
 <b>Lunch</b>	Spicy Nonna + 1/2 cup broccoli	Tom Yum + 3 Tbsp. coconut milk + 1/4 cup button mushrooms + 1/4 cup peppers
 <b>Snack</b>	Tom Yum + 1/4 slice button mushroom + 1/4 cup red bell pepper	Spicy Nonna + 1 Tbsp. EVOO + 1/2 cup broccoli
 <b>Dinner</b>	Sunday Roast x2 + 1/2 cup kale + 1/2 cup carrots	Tuscan Sun x2 + 1 Tbsp. ghee + 1/2 cup kale + 1/2 cup carrots
 <p>Bring the broth to a boil in a pot, then simmer the additional ingredients 2-3 minutes or to desired doneness.</p>	<b>Daily Nutrients</b>  Protein _____ 38g Carbohydrates _____ 18g Calories _____ 240kcal Fat _____ 0g Sugar _____ 6g	<b>Daily Nutrients</b>  Protein _____ 43g Carbohydrates _____ 19g Calories _____ 551kcal Fat _____ 33g Sugar _____ 7g



# Brodo Makes It Better

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