



**summer's bounty ox-tail soup  
(soup bones + many fresh vegetables)**

- 2 pounds ox-tail or other soup bones from 100% grass fed beef
- simmer in 4 qts water 8-12 hours with tsp sea salt
  - remove beef and bones, skim off excess fat, mince beef
  - add minced beef to broth, return to simmer

Chop into small bits and add to broth hard vegetables first:  
2 large potatoes, 1 medium red beet, swiss chard stems, 1 medium onion, 2 medium zucchini, 2 handfuls of green beans, a cup of shelled edemame beans, 2 medium red tomatoes, swiss chard leaf

Simmer until hard vegetables are soft and swiss chard leaf is wilted  
Season to taste with fresh pressed garlic and soy sauce

www.TrueHealthMedicine.com • 503-691-0901  
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