

#### **Bone Broth vs. Stock**

**Soups are a very inviting meal option this time of year. So the question comes up what is the difference between bone broth vs. stock? Meat bone broth is being touted as the “magic elixir of the decade.” While it’s been around for centuries and can warm a cold day, the differences between stock and broth are simmering time and the end use.**

**Stock is made from made from meat bones and vegetables, water and spices. It is cooked for three to four hours and used for gravies, sauces, soups and other dishes. When chilled, it usually gels because of the meat bones.**

**Broth is also made from meat bones and cooked for a long time, usually 24 hours. It is a stand-alone item on menus. Vinegar is also added to help pull minerals out of the bones.**

**So is it the “magic elixir?” Some health claims include improving joint health, healing wounds quicker, improving the immune system, and rebuilding bones. While it doesn’t hurt to consume broth, it can be a part of a healthful diet.**

#### **Nutrition Differences in Colored Peppers**

**Bill peppers can add a variety of color to many recipes. But they also add different amount of nutrition. Red, yellow and orange peppers are the ripe versions of the green pepper. Therefore, they cost more. They are all equal in the macronutrients of protein, fat and carbohydrate.**

**The differences are found in the vitamin, mineral and phytonutrient content. In the case of vitamin C, green peppers contain 80 mg per 3 ounce serving. Yellow peppers have 184 mg per serving. The Recommended Daily Allowance is 75-90 mg per day so either pepper is a good choice.**

**Different colors of peppers have different amounts of carotenoids. Red peppers are bursting with beta-carotene. Yellow peppers have very little beta-carotene. Orange peppers have 10 times the amount of lutein and zeaxanthin. Carotenoids are beneficial for eye health.**

**Bottom line, don’t skimp on peppers and add color to your meals!**