

bone broth

Makes approximately 10 cups (in 6 qt. Instant Pot)

PREP TIME: 5 minutes

COOK TIME: varies depending on method

About 2 lbs. of bones: leftover from meals, from a whole baked chicken, etc. Include chicken feet or beef knuckles for higher collagen content.

8 cups cold water - enough to cover the bones and come to 1-inch below MAX fill line in Instant Pot

1-2 Tbsp apple cider vinegar

2 tsp-1Tbsp sea salt

Flavor options:

1 medium onion peeled and quartered

2-3 cloves garlic peeled and sliced in half or crushed

1 tsp turmeric powder or 1 inch piece of fresh turmeric, roughly chopped

1-2-inch piece of fresh ginger root

1 Tbsp dried oregano, or thyme or rosemary

1 Tbsp whole peppercorns



Pressure Cooker

COMBINE all ingredients in the pressure cooker

FILL water to about 2 inches above bones or just below the MAX line in your pressure cooker

SET on low pressure for 120 minutes. Let the pressure release naturally.

Slow Cooker

COMBINE all ingredients in your slow cooker

FILL water to about 2 inches above bones or just below the MAX line

COOK on low (if that's an option) for 12 hours

Stove Top

COMBINE all ingredients in large stock pot

FILL with water to 4 inches above bones

BRING to boil, cover, reduce heat and simmer at least 12 hours. You can skim off any foam that accumulates on top as needed.

All Methods

LET the broth cool then strain into glass canning jars

DISCARD the bones and vegetables

You can easily skim the fat off the top once refrigerated to avoid an overly greasy broth

Notes

Broth can sipped as a warm drink (remember it contains protein and electrolytes)

It can be used in soups, stews, braised dishes or sauces

You can also use it to cook grains to increase their nutritional value