

BASIC BONE BROTH

Gluten Free • Dairy Free • Delicious



- Prep Time: 10 minutes
- Cook Time:
 - Instant Pot: 2 hours
 - Slow Cooker: 15 hours (low)
 - Stove Top: 15 hours (simmer)



Ingredients

- 2 pounds bones (chicken or turkey)
- 12 cups water (add an additional 2 cups if using the stovetop method)
- 3 stalks of celery, roughly chopped
- 2 medium carrots, roughly chopped
- 1 large onion, roughly chopped
- 2 Tablespoons apple cider vinegar
- 1 Tablespoon pure sea salt

Notes

To make in a slow cooker:

Follow the same method as above, but cook on low for 15 hours.

To make on the stove top:

Follow the same method as above, but simmer on the stove for 15 hours.

Method

- 01** Place bones in the bottom of a 6 quart Instant Pot.
- 02** Nestle chopped celery, carrots and onions alongside the bones. Add vinegar and salt, then pour water on top of everything until it reaches the max fill line (this will be just shy of 12 cups of water).
- 03** Set the Instant Pot for 2 hours on Regular pressure, then let it naturally release pressure before opening the lid.
- 04** Strain the bones and vegetables using a fine mesh sieve; discard all solids. Pour strained broth into large glass jars. Let them cool on the counter, then cover and refrigerate or freeze for later use.

