

# Bone Broth in a Instapot



 2 Servings  5 Total hours

## INGREDIENTS

- Ingredients
- bones from (1) 3-4lb. chicken
- Water
- Salt & pepper to taste
- I recommend adding vegetables and herbs (such as these below), as they add great flavor and nutrients. However, they are optional.
- 2 medium carrots, scrubbed and cut in half
- 3 celery ribs (or ends and leaves to equal 1 cup)
- 1 large yellow onion, quartered with skin and root end intact
- 6 garlic cloves, lightly smashed or 1 tablespoon garlic powder

## INSTRUCTIONS

1. Place bones, vegetables, herbs, into the pot of the Instant Pot.
2. Add enough water to just cover the bones and vegetables in the pot, about 3/4 full.
3. Wipe rim of insert dry with a towel. Place lid on Instant Pot and lock into place.
4. Select- Soup High-Pressure setting it should read 4 hours. If not manually enter in 4 hours.
5. When cooking is done, allow pressure to release naturally (10-20 minutes).
6. Release any residual pressure using the vent valve before removing the lid.
7. Allow broth to cool before straining the broth through a mesh lined strainer into jars for storage.

### *Nutrition Information*

*Serving Size: 2 cups Calories: 80  
Fat: 0 (Sat Fat: 0) Sodium: 270 mg  
Carbohydrate: 0 (Fiber: 0 Sugar: 0)  
Protein: 20 g*