

# Instant Pot Bone Broth

Delicious healing bone broth can be made in a pressure cooker. This Instant Pot Bone Broth recipe is easy and much quicker to make than on the stove top or crock pot while still retaining all its beneficial properties. Making bone broth in the Instant Pot (or any other pressure cooker) allows to significantly cut down on the cooking time.

What is bone broth good for:

You may have heard about bone broth but maybe you are still wondering – why is bone broth good for you?

The list of bone broth benefits is long:

- improves appearance of hair, skin, and nails
- soothes digestive inflammation (some go as far as saying it heals leaky gut lining)
- supports joint health
- boosts the immune system

What bones to use for bone broth?

Any bones could be used for making homemade bone broth. Whichever ones I use though, I try to make sure they come from a **good source**.

**Either organic or grass-fed from the store, or from free-range chickens.**

My personal preference are chicken bones and carcasses that I save whenever we make roasted chicken. Ever since I discovered how to make bone broth and how easy it is, I save every single bone. I freeze them and once I have at least 2 pounds (better yet 4 pounds) collected, I make bone broth. If your whole chickens come with a bag of organs, the neck, and/or feet inside you can absolutely add those in too. Same goes for any chicken skin – it has LOTS of collagen!

Sometimes I also use beef bones or add them to whichever other bones I have on hand (or in the freezer).

## Let's get started!

To make Instant Pot Bone Broth start with your bones. When using raw (beef) bones I like to either roast them in the oven first at 400 degrees for about 45 minutes ...if they're frozen bones cook for 90 minutes or brown them in the bottom of the Instant Pot on the sauté function.

The roasting/browning adds great flavor.

Add the roasted/browned bones, organ meats, and/or any previously roasted bones (like chicken carcasses) to the Instant Pot. Use 2-4 pounds of bones. The more you add, the thicker and more gelatinous the broth will be.

Add 2 TBS of organic apple cider vinegar. The vinegar is a very important ingredient as it demineralizes the bones and infuses them into the broth.

### Pressure Cooking Directions:

Add all the above mentioned ingredients to the Instant Pot's inner liner and fill it up with water. You want to cover most of the ingredients but also stay within 2 inches from the top (or 1 inch from the maximum fill line). Close the lid and turn the pressure valve to sealing position. Cook either on high pressure for 2 hours (120 minutes) or on low pressure for 4 hours (240 minutes).

When using beef bones they should be cooked on high for 4 -6 hours.

The pot will take about half an hour to build pressure before the timer starts to count down. At the end of the pressure cooking cycle let the pressure **release naturally** (NPR).

Turn the Insta- Pot off and let cool some as **it's extremely hot**. This takes about another hour.

When ready to strain remove the lid and get a large pot or bowl and strainer ready. You can also use cheesecloth to line the strainer for extra clear bone broth.

### Adding in Vegetables, Herbs and Spices:

For even more great flavor and nutrients I also add vegetables, herbs and spices to my broth after it's done cooking in the Insta-Pot. I do this because I believe heating these delicate items changes their integrity with the high heat and pressure. Typically, I use carrots, celery, onion, and a couple garlic cloves.

The specifics can totally be adjusted to what you like and have on hand. Here is what I usually have and add:

- rosemary and/or thyme sprigs
- small bunch of parsley/basil
- bay leaves
- black peppercorns

I cut the veggies up in bite size pieces add in my spices and herbs and simmer till vegetables are soft.

Salt is also needed to make bone broth taste good. I use pink Himalayan Salt.

\*\*\*You can freeze or refrigerate the plain broth and add the above when preparing your recipe or using the broth the way you would like.

### **How to Store Bone Broth:**

Let the broth cool down or put the container you made the soup in an ice bath, stir broth till chilled, then fill it into mason jars (there are freezer safe mason jars available on Amazon) or any other storage container. Store the bone broth in the fridge or freezer (be sure to use freezer-safe containers and fill them only 3/4 of the way). Some use freezer BPA Free zip lock bags. Put the bag in a glass jar for stability and ladle it in leave some room to zip it up and store flat in your freezer.

The fat in the broth will settle at the top and solidify. This actually creates a protective layer for the broth.

With this fat layer intact, you can store bone broth in the fridge for up to 2 weeks. Without that layer it lasts only 3-4 days. So don't remove the fat layer until you are ready to use the bone broth.

In the freezer the fat layer protects the broth from freezer burn. Bone broth lasts about 6 months in the freezer.

What to do with bone broth?

You can simply sip bone broth as is (with salt added to taste) from a mug. Another way to use bone broth is cooking with it. Use it as the base for delicious soups by replacing the stock or water called for in a recipe with bone broth.

\*\*\* A good bone both will be gelatinous when taken out of the refrigerator. This is how you know it has plenty of the healthy collagen that can rebuild our gut and tissues.