



## Bone Broth (Instant Pot OR Slow Cooker)

4 servings  
3 hours 30 minutes

### Ingredients

907 grams Chicken, Turkey, Pork, Beef, Lamb (try to get bones that have lots of connective tissue—feet, knuckles, necks, backs, etc., or other bones)  
1 tbsp Apple Cider Vinegar  
4 Carrot (medium sized, chopped)  
4 stalks Celery (chopped)  
1 Yellow Onion (chopped)  
8 White Button Mushrooms (chopped)  
3 Garlic (cloves)  
1 tbsp Ginger (Roughly sliced)  
2 Bay Leaves  
1/2 tsp Peppercorns  
1 tsp Sea Salt  
Filtered Water (Enough to cover the bones by an inch)

### Directions

- 1 In the basin of an Instant Pot, place the bones, apple cider vinegar, carrots, onions, celery, mushrooms, garlic, ginger, bay leaves, peppercorns, and salt.
- 2 INSTANT POT: Fill pot with filtered water until it covers the bones by about an inch (or to the max fill line on the Instant Pot—whichever comes first).
- 3 Close lid and turn knob to sealing, set to cook on low pressure for 3 hours for poultry bones or 4 hours for red meat bones. When time is up, let the pressure release naturally.
- 4 Strain broth through a fine mesh sieve, and transfer to jars for storing in the fridge or freezer.
- 5 SLOW COOKER: In the basin of a slow cooker, place the bones, apple cider vinegar, carrots, onions, celery, mushrooms, garlic, ginger, bay leaves, peppercorns, and salt.
- 6 Cover with the lid, and cook on low for 16-18 hours. Go to step 4, and enjoy as is, or in a recipe for your favourite soups, stews, curries or casseroles!

### Notes

**Vegetable Scraps:** You can keep these in and enjoy eating them as is, or puree them to give the broth more texture.

**Anti-Inflammatory Boosts:** Add a tsp of turmeric, or fresh parsley, rosemary, thyme.