

# Bone Broth

## Ingredients

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- 2 lb Bones (chicken, pork, or beef)
- 2 Carrots (cut into large chunks)
- 1 Onion (cut into large chunks)
- 3 Celery Stalks (cut into large chunks)
- 1/2 Parsley Bunch
- 5 Bay Leaves
- 5 clv Garlic
- 2 T Apple Cider Vinegar
- 1 T Sea Salt
- 1 t Peppercorns

## Instructions

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1. Place bones in Instant Pot and top with carrots, onion, celery, parsley, garlic, apple cider vinegar, peppercorns, and salt. Add water until the pot is 2/3 full. Let pot sit for 30 minutes.
2. Select the 'Soup' button and set the pressure to "low" set the cook time to 120 minutes.
3. When timer goes off, allow the Instant Pot to depressurize naturally. About 15 minutes.
4. Strain the broth and discard the bones and vegetables. Pour broth into jars and store in the fridge.