

Homemade Chicken Bone Broth

Time: 10 Mins Prep, 45 Cook

Servings: 9 cups

Level: Easy

Ingredients:

- o 1 ½-2 lbs Organic Chicken Bones (can use Chicken Thighs, Back Bones, Neck bones, with or without meat)
- o ½ Onion
- o 1 Carrot, cut into large chunks
- o 1 Celery, cut into large chunks
- o 2 Bay Leaves
- o ½ teaspoon Whole Black Peppercorns
- o 2 Cloves of Garlic (optional for flavor)
- o 10 cups of Water

Directions:

- 1) Add ingredients to Pressure Cooker and turn on heat to medium and bring to boil.
- 2) Cover Pressure Cooker and lower heat to medium.
- 3) Once the Pressure Cooker hits full pressure and cook for 45 minutes.
- 4) Depressurize the Pressure Cooker.
- 5) If you used Chicken with meat on the bones, remove Chicken, cool and remove meat.
- 6) Cool the Broth and then place in individual containers and place in the refrigerator or freezer.

Fun tips and Information

- ❖ You can keep frozen Chicken Broth for 6 months.
- ❖ If you are looking to add collagen to your diet, look for jointy bones such as Chicken Feet, Necks, Backbones to use in your broth.