

Chicken Bone Broth

Ingredients:

- Bones of 1-2 chickens
- Vegetable scraps/peels such as carrots, celery, onions, garlic, parsnips and any herbs.
- Approximately 1 gallon plastic bag full of bones and vegetable scraps.
- 1 tbsp Apple Cider Vinegar
- Water to fill pot

Directions:

1. Place fresh or frozen bones and vegetable pieces in pot of an electric pressure cooker.
2. Fill water to the max fill line.
3. Add apple cider vinegar and allow to sit for 30 minutes.
4. Select Soup or High Pressure setting and set to 120 minutes.
When cooking is complete, wait 20-30 minutes to naturally release pressure. Carefully vent steam to fully release.
5. Once cool enough to handle, strain through a fine mesh sieve (or a regular colander lined with a coffee liner or cheesecloth). Discard all solids.
6. Allow to reach room temperature before refrigerating or freezing.



Store for 3-5 days in the refrigerator or up to 3 months in the freezer.

Alternatively, you may use a slow cooker or stove top preparation and cook for 16-18 hours.

This rich stock is an excellent way to minimize food waste, save money and create a nutritious broth that can be used in all your soups, stews, chili, and rice dishes!