

## Imperfectly Happy Homesteading Bone Broth 3 Ways

### Bone Broth Recipe - Ingredients

- 1 Small Whole Chicken (or 2 Carcasses)
- 2 - 4 Chicken Feet (optional)
- Giblets are great too if you have them
- 1 Large Yellow or White Onion, quartered
- 2 Medium Carrots, chopped
- 1 - 2 Celery Stalks, with leaves
- 5 Cloves of Garlic, smashed
- 1 Bunch of Cilantro or Parsley
- 2 - 3 Tablespoons of Apple Cider Vinegar ([I recommend this brand](#))
- 2 Teaspoons of Sea Salt
- 1 Tablespoon of Whole Black Peppercorn
- 1 Bay Leaf
- Filtered Water

### Bone Broth Recipe - Directions Stock Pot

1. Add all of your ingredients, except water, into your stock pot.
2. Pour the filtered water over everything until it is completely covered.
3. Bring the ingredients to a low boil and then put the burner to low to low medium.
4. Cover and let it slowly simmer for 24 - 48 hours.
5. You'll need to keep an eye on it. You don't want it boiling but you don't want it so low it isn't cooking either.
6. Don't be afraid to give it a stir a few times.
7. When it is done spoon off any foam on the top.
8. Then strain out chicken (meat is wonderful for all kinds of recipes), bones, veggies, etc. Keep the meat but discard the rest.
9. You may want to do a 2nd strain with a cheese cloth to get out the really tiny bits.

### Bone Broth Recipe - Directions Crock Pot

1. Add all of your ingredients, except water, into your slow cooker.
2. Pour the filtered water over everything until it is completely covered.
3. Cover and cook on low for 24 - 36 hours
4. Sometimes I find I need to add a little water if I want to cook it a full 48 hours. Just watch it.

5. I try not to take the lid off during cooking.
6. When it is done spoon off any foam on the top.
7. Then strain out chicken (meat is wonderful for all kinds of recipes), bones, veggies, etc. Keep the meat but discard the rest.
8. You may want to do a 2nd strain with a cheese cloth to get out the really tiny bits.

### **Bone Broth Recipe - Directions Instant Pot**

1. Add all of your ingredients, except water, into your Instant Pot.
2. Pour the filtered water over everything until it is completely covered. But make sure you stay under the max fill line.
3. Choose the Soup button and Low pressure.
4. Now set the time to 120 minutes.
5. It will take some time to come up to pressure. After it is done cooking, let it naturally release, don't touch that vent!
6. The Instant Pot will keep everything warm so if you're not home when it's done, that's ok.
7. I usually do not have any foam when I do this method, but if you do, spoon it off.
8. Then strain out chicken (meat is wonderful for all kinds of recipes), bones, veggies, etc. Keep the meat but discard the rest.
9. You may want to do a 2nd strain with a cheese cloth to get out the really tiny bits.