Instant Pot Bone Broth with Turmeric and Ginger

Jacob · 30/09/2024



Prep Time

10 mins

Dificult

Medium

Servings

2 hrs 30 mins

Description

Make this marvelous and nutritious bone broth in your Instant Pot with your chicken scraps turmeric and ginger Its a great complement to a cleaneating diet This broth can be stored in an airtight container in the refrigerator for up to five days or it can be frozen for three months

Ingredients

— - 1 chicken carcass - 2 carrots

— cut into chunks - 1 cup chopped celery - 1 tablespoon apple cider vinegar - 2 teaspoons ground turmeric - 3 cloves garlic - 1 teaspoon minced fresh ginger root - 4 cups warm water

— or as needed

Instructions

1. Combine chicken carcass
2. carrots
3. celery
4. vinegar
5. turmeric
6. garlic
7. and ginger in a multi-functional pressure cooker (such as Instant Pot). Add enough water to cover the bones and vegetables in the pot. Close and lock the lid. Select the Manual function and set the timer for 120 minutes. Allow 10 to 15 minutes for the pressure to build. Release the pressure using the natural-release method according to the manufacturer's instructions
8. 10 to 40 minutes. Unlock and remove the lid. Let cool slightly
9. then strain using a fine strainer to remove all the bits of bones and vegetables.