



Instant Pot Beef Bone Broth

Jacob · 28/09/2024



Prep Time

10 mins

Difficult

Medium

Servings

3 hrs 15 mins

Description

Bone broth in the Instant Pot is easier than it seems Dont toss those beef bones freeze them and when you have 2 pounds follow this recipe to make your own with minimal prep

Ingredients

- - cooking spray - 2 pounds frozen beef bones - 2 carrots
- chopped - 2 stalks celery
- chopped - 1 medium onion
- quartered - 5 cloves garlic
- whole - 6 cups boiling water - 2 bay leaves - 1 tablespoon apple cider vinegar - 1 teaspoon sea salt - 10 whole black peppercorns

Instructions

1. Gather all ingredients. Preheat the oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil and spray with cooking spray. Dotdash Meredith Food Studios Place beef bones
2. carrots
3. celery
4. onion
5. and garlic on the prepared baking sheet. Dotdash Meredith Food Studios Roast in the preheated oven until browned
6. about 45 minutes. Scrape roasted bones and vegetables into a multi-functional pressure cooker (such as Instant Pot). Add boiling water
7. bay leaves
8. vinegar
9. sea salt
10. and peppercorns. Close and lock the lid. Select Manual function according to manufacturer's instructions; set timer for 120 minutes. Allow 10 to 15 minutes for pressure to build. Dotdash Meredith Food Studios Release pressure using the natural-release method according to manufacturer's instructions
11. 10 to 40 minutes. Unlock and remove the lid. Remove bones and vegetables and discard. Line a strainer with cheesecloth and set over a large bowl. Pour broth through the strainer and discard solids. Dotdash Meredith Food Studios Allow broth to cool. Remove and discard the fat layer. Recipe Tip You can use bones from roasts and grilled steak
12. but do not use bones that have barbecue sauce on them.