

Chicken Bone Broth Recipe

Ingredients:

- Chicken bones (can be a carcass, chicken legs, wings, or thighs)
- Celery with leaves (1-2 stalks)
- 1 medium carrot, chopped
- 6 garlic cloves
- 1/2 bell pepper or 3 small sweet peppers, chopped
- 1 small onion or 6 scallions, chopped
- 1 small turmeric root, halved
- 1 large piece of ginger root, halved
- 3 bay leaves
- 3 star anise
- 1 tablespoon cider vinegar
- A handful of fresh thyme
- A handful of peppercorns
- 8 to 10 cups of water
- Salt, to taste

Instructions:

1. Prepare the Ingredients:

- Place the chicken bones and all vegetables (celery, carrot, garlic, peppers, onion/scallions, turmeric root, and ginger root) into a large pot.

2. Add Aromatics and Water:

- Add the bay leaves, star anise, cider vinegar, fresh thyme, peppercorns, and salt to the pot.
- Pour in 8 to 10 cups of water, ensuring the ingredients are fully submerged.

3. Cook the Broth:

- **Instant Pot:** Set the Instant Pot to the soup/broth setting and cook for 120 minutes.
- **Stovetop:** Bring the mixture to a simmer over low heat. Cook very slowly for about 8 hours, keeping it at a gentle simmer.

4. Strain and Cool:

- Once the broth is done cooking, strain it through a fine mesh sieve to remove the solids.
- Allow the broth to cool completely, then place it in the fridge. Let it chill until the fat solidifies on top.

5. Remove the Fat:

- Once the fat has hardened, remove it from the top of the broth.

6. **Enjoy:**

- Use the broth for cooking or sip it throughout the day for a nourishing and flavorful drink.

Nutritional Breakdown (per cup of broth):

- **Calories:** 40 kcal
- **Total Fat:** 1.5 g
- **Saturated Fat:** 0.5 g
- **Cholesterol:** 5 mg
- **Sodium:** 80 mg
- **Total Carbohydrate:** 3 g
- **Dietary Fiber:** 0.5 g
- **Sugars:** 1 g
- **Protein:** 5 g

This nutritional breakdown is an estimate based on typical ingredients and portion sizes. Adjustments may be needed depending on the exact products and amounts used.