**Simple Bone Broth (Chicken)**

Prep Time: 15 minutes Total Time: 120 minutes Yield: 8 servings

**Ingredients**

Bones from two chickens [skin and tendons included]

4 carrots, peeled and chopped

4 stalks celery, chopped

6 garlic cloves, halved

1 onion or 4-6 scallions, chopped

1 bunch parsley [or another herb]

2 Tbs apple cider vinegar [or another acid like lemon juice]

1 Tbs mixed seasonings of choice [turmeric, oregano, ginger, curry, etc.]

2 tsp salt

1 bay leaf

8+ cups water [enough to cover bones and vegetables]

**Instructions**

Chop all vegetables into large pieces.

Add all ingredients in order listed to an Instant Pot and process on high for 2 hours.

Let sit for an additional 20 minutes so pot releases some pressure.

Release pressure valve and pour the broth through a fine strainer.

Place in a mason jar and consume within 4 days or freeze.

Reserve cooked vegetables to mash with cauliflower [be sure to remove herbs, bay leaf, and any small bones.]

NOTE: Broth can also be made in slow cooker. Time = 1-1.5 hours on high.

Tip: Save bones in freezer until you have enough for broth. You can use any bone to achieve the flavor you prefer.