

RECIPE: Homemade Broth

Slow cooker directions

Step 1: Add all ingredients into a slow cooker and fill with water (I fill it up to the point that all your veggies and bones are covered with water).

Step 2: Set to low for 8-10 hours.

Step 3: Strain broth with fine mesh strainer and discard everything besides the liquid. You should have no large pieces in your broth.

Step 4: Store broth in fridge for 3-5 days or freeze and store in freezer for up to 6 months.

TIP: Making broth is not an exact science so do not feel the pressure to have a certain amount of veggies just go with whatever you have and your broth will turn out delicious!

Instant pot directions

Step 1: Add all ingredients into an instant pot and fill with water (I fill it up to the point that all your veggies and bones are covered with water).

Step 2: Set to High Pressure for 60 minutes, then allow a 30-minute natural release followed by a quick release.

Step 3: Strain broth with fine mesh strainer and discard everything besides the liquid. You should have no large pieces in your broth.

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