



Virtue Wellness

INSTANT POT BONE BROTH

INGREDIENTS

1 Whole Chicken
8-10 Cups Water
2 Whole Onions
2-4 Tbsp. Garlic
2 Large Bay Leaves
1/2-1 Cup Carrots
1/2-1 Cup Celery
1 Tbsp. Apple Cider Vinegar
Himalayan Pink Salt (to taste)
Peppercorns (to taste)
Fresh Herbs: Rosemary, Sage, Thyme or
favorite herbs as preferred

METHOD

Consider using organic ingredients when possible. May rough chop vegetables and herbs as preferred. Place all ingredients in Instant Pot. Set on Manual, Low Pressure for 180 minutes. Once completed, allow for natural pressure release. Strain broth from other ingredients. May use the tender meat and vegetables to prepare your favorite chicken soup, be careful to remove all bones and fragments. Be well!