

# Instant Pot Lamb Bone Broth

Instant Pot Lamb Bone Broth. Using your leftover lamb bones as well as any tiny bits of lamb meat to make a delicious, nutritious, lamb bone broth, in the Instant Pot Pressure Cooker.

Prep Time: 10 minutes

Total Time: 2 hours 10 minutes

Yield: ~3 cups

## Ingredients:

- Lamb Bones
- Lamb Meat Scraps
- 1 Onion
- 3 Celery Sticks
- 4 Large Carrots peeled
- 1 Tbsp Olive Oil
- 1 Tbsp Mixed Herbs
- 1 Tbsp Rosemary
- Salt & Pepper

## Instructions

1. Use lamb bones from a previously cooked lamb dish or use packaged lamb bones.
2. Place any scrap bits of lamb meat you have into your Instant Pot Pressure Cooker. Set it to sauté and add your olive oil, salt, pepper and rosemary (or the seasoning of your choice). You can also sauté the bones if they have meat scraps on them.
3. Sauté for 2-3 minutes or until you can start smelling the lamb.
4. Add in onion, celery and carrots.
5. Stir well.
6. Add the lamb bones to the pot and pour 3 cups of water and the mixed herbs into the Instant Pot. This will form your flavored liquid.
7. Set the valve to sealing and cook for 2 hours on manual pressure.
8. Manually release pressure when it beeps and allow it to cool for a few minutes so that its not too hot to handle.
9. Using a sieve and bowl drain the broth from the stock.
10. Drain a second time with a thinner sieve to get rid of any of the super tiny bones.

11. Place into a jug and keep in the fridge overnight.
12. The next day, skim the fat from the top of the lamb bone broth and then pour the bone broth into containers for storage in the fridge or freezer.
13. Serve as you wish.

### **Notes**

Remember lamb is a fatty meat. Because of this I highly recommend you follow our lead and fridge your lamb bone broth for 12 hours, skim the top and then place it into freezer containers.

I had only a small amount of lamb meat scraps to use and even a small 3-4 chunks will enhance the flavor of your lamb bone broth.