

Homemade Beef Bone Broth

By Cassy Joy Garcia

- 2 pounds beef bones, marrow, knuckle, etc.
- 1 onion, unpeeled and quartered
- 2 carrots, unpeeled and cut into large chunks
- 1 bulb garlic, unpeeled and cut in half crosswise
- 2 tablespoons apple cider vinegar
- 2 bay leaves
- 1 teaspoon black peppercorns, whole
- 1 tablespoon sea salt
- 4 quarts water

INSTANT POT

1. Combine all of the ingredients and cook on high pressure for 2 hours, then let the pressure release naturally.
2. Strain the broth, let cool, package, and store.

SLOW COOKER

1. Combine all of the ingredients in the crockpot and cook on low for 12 - 24 hours.
2. Strain the broth, let cool, package, and store.

STOVETOP

1. Combine all of the ingredients in a large stockpot and cook on a low simmer for 12 hours.
2. Strain the broth, let cool, package, and store.

RECIPE NOTES

Use less obvious bones. Use the bones/animal parts (short ribs, oxtails, knuckles or neck bones hooves, marrow bones) with the most cartilage and collagen to produce the heartiest broth.

Save your scraps. If you're cooking anything with a bone (T-bone steaks, ribs, etc. or chicken carcass for chicken turmeric bone broth) or vegetables (onion, carrots, garlic), save the bones and veggie scraps in a bag in the freezer and make bone broth when it is full. Not only will they deliver nutrients and flavor, but it gives items you would otherwise throw away a second life.

Roast the bones. While not a necessary step, roasting the bones at 400 degrees F for 30 minutes prior to simmering adds a richer, caramelized flavor to the broth.

Ask your local butcher for bones. Ask your local butcher if they have any bone or animal scraps you can use for your bone broth. This is usually a cost effective way to get bones on hand.

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Chicken Broth

By Cassy Joy Garcia

- 3 pounds bone-in chicken
- 2 onions, unpeeled and quartered
- 2 carrots, unpeeled and cut into large chunks
- 2 cloves garlic, peeled and smashed with side of a knife
- 2 tablespoons apple cider vinegar
- 2 bay leaves
- 6 quarts water

INSTANT POT METHOD

1. Add all ingredients to the inner pot.
2. Cook on high pressure for 1 hour, then let the pressure release naturally.
3. Strain the broth, let cool, package, and store.

SLOW COOKER

1. Add all ingredients to the pot.
2. Cook on low for 8-10 hours.
3. Strain the broth, let cool, package, and store.

STOVETOP

1. Add all ingredients to the pot.
2. Bring to a boil, then let simmer for 1-5 hours.
3. Strain the broth, let cook, package, and store.

RECIPE NOTES

ADD FRESH HERBS – add fresh thyme, oregano rosemary, or any other fresh herb you love to the pot for a beautiful herb-infused broth.

ADD SOME SPICE – throw a jalapeno (or serrano, if you're brave!) pepper or two into the pot for a nice kick of heat. Be sure to slice the pepper in half and keep the seeds intact (they'll strain out easily) for the most spice.

ADD UMAMI – throw some soy sauce or miso paste into the pot for a rich, savory, umami add.

ADD SPICES – add whole peppercorns to the pot or, if you're looking for a broth with a lot of unique depth, add whole cinnamon sticks or cloves. These flavors are especially delicious for a homemade pho.

BRIGHTEN IT UP – add the rind from an orange, lemon, or lime, to the pot to really brighten the flavors.