

Side | Snack | Lunch | Dinner

Healing Bone Broth

Side Effect: Dry Mouth

40 Mins
Prep Time

1 Hr 40 Mins
Cook Time

12
Servings

219 Calories **13g** Fat **6g** Carbs **17g** Protein



Ingredients

12 Servings • **1 Cup** Serving Size

2 Hrs 20 Mins Total Time

Allergens: None

4 lbs Beef Marrow Bones, **washed**

13 Cups Water

2 Bay Leaves

2 Cups Carrots, **washed** and chopped

2 Cups Celery, **washed** and chopped

2 Cups Onion, **peeled** and chopped

Nourishment Note



📖 Bone Broth

Bone broth is nutrient dense and adds moisture, making it easier to swallow. It also may help promote healing as well as help lower the risk for infection or illness, maintain healthy skin, and promote a healthy gut.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Roast Bones in Oven

Preheat oven to 375 °F. Place bones on an aluminum foil-lined cookie sheet and roast for 30 minutes. Wash hands and any surfaces that touched raw bone.

3. Add Ingredients to the Instantpot®

Place bones, bay leaves, carrots, celery, and onion in the Instantpot®. Cover with 13 cups of water.

4. Cook

Follow instructions on the device for cooking: 1 hour and 30 minutes.

5. Discard

Once the process is complete, discard the bones, leaves, and vegetables.

6. Serve & Store

Broth can be stored in an airtight container in the refrigerator for 2 days, or frozen for up to 3 months.

7. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Chef, Chad Beuter

What You'll Need



Cookie Sheet



Aluminum Foil



Cutting Board



Knife



Measuring Cup



Instantpot®

Fatigue Buster

- If you don't own an Instantpot®, this recipe can be prepared by cooking all of the ingredients in a large pot on the stove for 8-10 hours.
- Although it may not contain as high amount of beneficial nutrients, bone broth can also be purchased pre-made at most grocery retail locations. Look for grass-fed, hormone-free based broth if possible.
- Ask a friend or family member to help with preparing this dish.