



Instant Pot® or Stovetop Homemade Chicken Stock

Ingredients

- Leftover bones, skin, juices, meat from a whole roasted chicken
- 1 small onion, quartered (peeled or unpeeled)
- 2 medium carrots, chopped roughly
- 3 stalks celery, chopped roughly
- 4 cloves of garlic, crushed
- Small bunch of parsley
- 1 tsp salt
- ½ tsp ground pepper
- 8 to 10 cups water

Instant Pot Instructions

1. Add all ingredients to a 6-quart or larger Instant Pot and top with the water, making sure not to exceed the maximum fill line.
2. Pressure cook on high for at least 45 minutes, 1 hour for stronger stock, or 2-3 hours for (gelatinous) bone broth. Let the pressure naturally release for at least 30 minutes or until the float valve drops, then carefully manually release any remaining pressure and open the lid.
3. Remove the inner pot from the Instant Pot and set aside to let the broth cool for approximately 10-15 minutes or until cool enough to handle.
4. Strain the broth through a fine mesh strainer into another pot (or a large heatproof bowl or measuring glass), discarding the bones and veggies. Use stock right away or refrigerate overnight and (optionally) scoop off and discard the layer of fat that forms on top.
5. Store leftover broth in the refrigerator for 3 to 4 days or in the freezer for up to 1 to 2 months or more. Store in wide-mouth glass jars with an inch of room at the top to allow for expansion in the freezer.

Stovetop Instructions

6. Place all ingredients plus water in a large stockpot and bring to a boil.
7. Reduce heat to low and cook at a simmer, uncovered for 3 to 4 hours.
8. Strain and store according to instructions 4 and 5 listed above.