

Bring the broth to a low rolling boil, then turn to simmer and put a lid on it. Keep on checking the pot throughout the 24 hour period to add water as it evaporates.

After 24 hours strain your broth and let it cool. Skim off the fat and put aside. Rendered fat is excellent for cooking.

The fat from the grass-fed marrow bones is also very healing to the body because it contains CLA (conjugated linoleic acid). It's good to add a little of this fat to your cup when you sip your broth.

If you are going to freeze your broth make sure that you leave enough room at the top of the jar for expansion, you don't want it to crack. Plastic containers are more forgiving.

The broth will last 10 days in your refrigerator and for months in your freezer.

Instructions for Making Stock-

You can also use our veggie spice packet to make stock. You can make chicken, turkey, venison, elk or just plain vegetable stock.

The difference between bone broth and stock is the amount of time the it is cooked and the addition of apple cider vinegar in bone broth. With bone broth this serves extract the minerals from the bones as they simmer for long periods of time.

When making stock you DO NOT need to add apple cider vinegar. You only need to add the veggie spice kit, bones and water.

You can simmer your stock on your stovetop anywhere for 6-8 hours. The longer the cook time the richer the stock. Or you can use your Instant Pot for 2 hours, which is the equivalent of 6 hours on the stovetop.

Please reach out if you have any questions to
beth@bethsbountifulbonebroth.com
310-402-4029

Bon Appetite



BETH'S BOUNTIFUL BONE BROTH



INSTRUCTIONS FOR MAKING BONE BROTH OR STOCK

Beth's Bountiful Bone Broth Veggie Spice Packet is ideal for chicken, beef, turkey, venison, elk or bison bone broth. Our dehydrated veggies and spices will make a delicious broth every time.

The Veggie Spice Packet can be used to make broth using either a 6- or 8-quart conventional stock pot on your cooktop or with an Instant Pot Electric Pressure Cooker.

The following are instructions and cooking times for both the conventional stock pot and Instant Pot methods:

Both methods produce approximately 4 quarts of broth depending on the size of your pot and the amount of bones added to the pot.

If you live in Washington or Oregon New Seasons, Market of Choice, and Whole Foods stores sell beef marrow bones as do many other grocery stores with meat counters.

You can also order on-line. You can purchase marrow bones from the Grass Roots CoOp in Portland.

www.grassrootscoop.com/product/beef-bones

If you are unable to locate a source of quality marrow bones in your area, contact us at Beth@BethsBountifulBoneBroth.com

Instructions for Bone Broth in a 6 or 8 quart Instant Pot

Beef/Bison/Elk/Venison Bone Broth will require 7-hours in an Instant Pot on the HIGH pressure setting

Poultry Bone Broth takes a maximum of 6 hours in the Instant Pot on the HIGH pressure setting. (Over 6 hours the poultry bones will

start to break down, and the flavor will become bitter).

Whatever flavor of broth or stock you make, it is important to roast the bones first. This will impart a richer more full-bodied flavor to the broth.

ROASTING:

Beef/Bison/Elk/Venison: Lay the bones flat in a roasting pan. Roast in a 400-degree oven until lightly browned (typically 30-40 minutes).

Chicken/Turkey: Lay the bones flat in a roasting pan. Roast in a 375-degree oven until lightly browned (typically 25-30 minutes).

You will need 4 lbs of Beef/Bison/Elk/Venison marrow bones for a 6 quart pot or 5 lbs for an 8-quart pot to achieve the desired flavor profile.

For Chicken/Turkey you can use any or a combination of chicken/turkey carcasses and chicken backs, necks, feet, etc. We recommend at least 3 ½-4 pounds of bones for 6-8 quart pots.

Place the roasted bones in the interior Instant Pot, add the Veggie Spice Kit, and 3 Tablespoons of Apple Cider Vinegar (the Apple Cider Vinegar is key to releasing the mineral content of the bones).

Fill the pot with water to the maximum fill line of the Instant Pot.

Put the pot into the housing unit and lock the lid. Depending on which unit you have push either the “Manual” button or the “Pressure Cooker” button.

Set the pressure to HIGH and the time to 4 hours which is the most you can do.

Once the first timer is done set the timer for another:

2-3 more hours for Beef/Bison/Elk/Venison Broth

2 more hours for Turkey or Chicken Broth or other poultry

Allow pressure cooker to cool down before opening.

Strain your broth and let it cool. Skim off the fat and put aside. Rendered fat is excellent for cooking.

The fat from the grass-fed marrow bones is also very healing to the body because it contains CLA (conjugated linoleic acid). It's good to add a little of this fat to your cup when you sip your broth.

If you are going to freeze your broth make sure that you leave enough room at the top of the jar for expansion, you don't want it to crack. Plastic containers are more forgiving.

The broth will last 10 days in your refrigerator and for months in your freezer.

Instructions for Bone Broth in a 6 or 8 quart Pot on your Stovetop

Beef/Bison/Elk/Venison/Chicken or Turkey Bone Broth will require at least 24-hours in a pot on your stovetop.

Whatever flavor of broth or stock you make, it is important to roast the bones first. This will impart a richer more full-bodied flavor to the broth.

ROASTING:

Beef/Bison/Elk/Venison: Lay the bones flat in a roasting pan. Roast in a 400-degree oven until lightly browned (typically 30-40 minutes).

Chicken/Turkey: Lay the bones flat in a roasting pan. Roast in a 375-degree oven until lightly browned (typically 25-30 minutes). Or just use the bones remaining from your chicken or turkey meal.

You will need 5 lbs of Beef/Bison/Elk/Venison marrow bones for a 6 to 8 quart conventional pot to achieve the desired flavor profile.

For Chicken/Turkey you can use any or a combination of chicken/turkey carcasses and chicken backs, necks, feet, etc. We recommend at least 3 ½-4 pounds of bones for a 6 to 8 quart conventional pot.

Place the roasted bones in the pot, add the Veggie Spice Kit,

3 Tablespoons of Apple Cider Vinegar and water. The Apple Cider Vinegar is key to releasing the mineral content of the bones.