

Ayurvedic Cleansing for Weight Loss



Chicken Bone Broth



8 servings



3 hours

INGREDIENTS

- 1 whole chicken, chicken carcass, or 3-6 pounds of bones
- 2 quartered onions
- 4 celery stalks, chopped
- 2 large carrots, chopped
- 1/4-1/2 cup apple cider vinegar
- Water
- Himalayan pink salt/sea salt

Optional Ingredients

- 6-12 chicken feet
- 1 tsp turmeric powder
- Black pepper
- 1 tsp mixed fennel, coriander, cumin seeds
- 1 inch kombu seaweed
- 1 inch fresh ginger
- Some fresh thyme

NOTES

Favor organic and grass-fed ingredients.

Remember, you are an amazing human being.

DIRECTIONS

1. In a 6 quart Instant Pot, add ingredients.
2. Fill the Instant Pot with enough water to cover all the ingredients, ensuring it does not exceed the maximum fill line.
3. Optional - season with Himalayan pink salt or sea salt to taste.
4. "Pressure Cook" on high pressure for 2 hours.
5. Allow for a natural pressure release (NPR) for at least 30 minutes.
6. After the NPR, perform a quick pressure release (QPR) to release any remaining pressure.
7. Carefully open the Instant Pot and let the broth cool slightly.
8. Strain the broth through a fine-mesh sieve or cheesecloth to remove solids.
9. Allow the broth to cool completely.
10. Refrigerate the broth for up to 4-5 days to consume within that time.
11. If you want to store the broth for a longer duration, transfer it to airtight containers or freezer-safe bags.
12. Freeze the broth for up to 3 months for optimal freshness and quality.