

Side | Snack | Lunch | Dinner

Healing Bone Broth

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: N/A**

4 lbs Beef Marrow Bones

13 Cups Water

2 Bay Leaves

2 Cups Carrots, Chopped

2 Cups Celery, Chopped

2 Cups Onion, Chopped

Nourishment Note



Bone Broth

Bone broth is nutrient dense and easy for the body to digest to promote healing. Specifically, bone broth has been shown to help reduce inflammation associated with joint pain from arthritis. It may also help boost the immune system, lower the risk for infection or illness, maintain healthy skin, and promote a healthy gut.

Instructions

1. Roast Bones in Oven

Preheat oven to 375°F. Place bones on an aluminum foil-lined cookie sheet and roast for 30 minutes.

2. Add Ingredients to the Instantpot®

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

3. Cook

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

4. Discard Bones, Leaves, & Vegetables

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

5. Serve & Store Excess

Broth can be stored in an airtight container in the refrigerator for 5-7 days, or frozen for up to 3 months.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Cookie Sheet



Aluminum Foil



Cutting Board



Knife



Measuring Cup



Instantpot®

RA Cooking Tips

- 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.