



Instant Pot Ultra-Gelatin Chicken Bone Broth

Active Time: 15 minutes | **Total Time:** 45 minutes | **Serves:** 8

Nutrition Information Per Serving

321.6 calories, 4.16 g carbohydrate, 0.61 g fiber, 3.55 g NET carbs, 28.56 g protein, 20.53 g fat

Ingredients

- 2 Tbsp(s) Red Boat Fish Sauce
- 2 whole(s) leeks, trimmed and sliced in half
- 1 medium carrot, cut in large chunks
- 1/3 Tbsp(s) apple cider vinegar
- 40 ounce(s) free-range chicken feet (prepped)

Preparation

1. If chicken feet still have yellow membranes on the outside, prepare a blanching station. Set an ice-bath next to a large pot of water. Bring water to a boil.
2. While the water heats, rub the chicken feet with salt.
3. Once boiling, use a slotted spoon to add the feet and submerge. Quickly remove and place in the ice-bath to prevent cooking.
4. Peel the yellow membrane from the outside and discard.
5. Add prepped chicken feet to the Instant Pot, along with fish sauce, vinegar, leeks and carrot pieces. If fish sauce is unavailable, use 1 tablespoon of sea salt.
6. Add water until the pot is 2/3 full, about 8 cups.
7. Lock on the lid and set to MANUAL to HIGH for 30 minutes to 2 hours, depending on available time. The longer you leave it, the more gelatinous it will become.
8. Once complete, strain the broth in a fine mesh strainer and discard the bones and vegetables. Taste to adjust salt, if preferred.
9. Store broth in jarring cans in the refrigerator for a couple of days or freeze for a few months.

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