



Instant Pot Beef Bone Broth (Low FODMAP)

Active Time: 10 minutes | **Total Time:** 1.5 hours | **Serves:** 8

Nutrition Information Per Serving

251.7 calories, 0.92 g carbohydrate, 0.28 g fiber, 0.64 g NET carbs, 28.83 g protein, 13.87 g fat

Ingredients

- 2 whole (s) bay leaves
- 1 medium organic carrot, cut in large chunks
- 40 ounce(s) organic, connective beef cross-shank bones
- 2 tsp(s) sea salt

Preparation

1. Add bones to the Instant Pot, along with salt, carrots, and bay leaves.
2. Add water until the pot is 2/3 full, about 8 cups.
3. Lock on the lid and set to MANUAL to HIGH for 50 minutes to 2 hours, depending on available time. The longer you leave it, the more flavorful it will become.
4. Once complete, strain the broth in a fine mesh strainer and discard the bones and vegetables. Taste to adjust salt, if preferred.
5. Store broth in jarring cans in the refrigerator for a couple of days or freeze for a few months.

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