



## INSTANT POT CHICKEN STOCK

Recipe from: [www.budgetbytes.com](http://www.budgetbytes.com)



### Ingredients



1 rotisserie (or Instant Pot)	2 cloves garlic
chicken carcass	2 bay leaves
1 yellow onion	whole peppercorns
1-2 carrots	1 tsp apple cider vinegar
1-2 stalks celery	8 cups water
	1/2 tsp salt, or to taste

Yield: 10 servings  
Serving Size: 1 cup



### Directions



Turn the Instant Pot on to Sauté mode. Add the chicken carcass pieces and sauté for 2-3 minutes, or until browned and pieces begin to stick to the bottom of the pot. Press the cancel button to turn off the heat.

Cut the ends off the onion, then cut it in half or into quarters. Remove any of the papery skin if it has dirt on it, otherwise leave the skin on. Scrub the carrots and celery. Cut them in half so they fit easily within the pot. Peel the garlic cloves and add them to the pot with the bay leaves, some freshly cracked pepper (or 10-15 whole peppercorns, if available), and a splash of apple cider vinegar.

Pour 8 cups of cool water over the contents of the pot (do not fill more than 2/3 to the top). Lock the lid into place, close the steam release valve, and press the "manual" button. The display will show 30, indicating the default time set for that mode. We want it to cook for 30 minutes, so no need to adjust the time. After 10 seconds the display will turn to "ON" indicating that it is heating and pressure is building (this takes about 10-15 minutes).

Once the pot has reached high pressure, the display will begin to count down 30 minutes. When 30 minutes is up, it will beep and switch to "keep warm" mode. Press the cancel button and allow the pressure in the pot to reduce naturally (this takes about 15 minutes). You'll know the pressure is at a safe level and it's okay to open the pot when the silver float valve on the lid has fallen down and is no longer elevated. Place a fine wire mesh strainer over a large bowl, then ladle the stock into the bowl through the strainer to catch any pieces. When the level gets too low to ladle, remove the large pieces and carefully pour the remaining liquid through the strainer. Taste the stock and add salt if desired.

Place the stock in an air-tight container and refrigerate until completely cool. Keep the stock refrigerated and use within three days, or freeze for longer storage.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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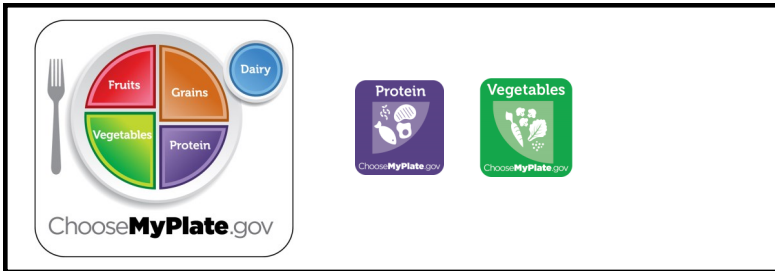
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# Fast Facts



## Featured Food Groups



## Cooking Tips



Remember to save your chicken carcass when cooking whole chickens.

Then you can make your own chicken broth!

## Nutrition Facts

10 servings per container

**Serving size** 1 cup

**Amount Per Serving**

**Calories** 25

% Daily Value\*

**Total Fat** 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 50mg 2%

**Total Carbohydrate** 4g 1%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Sugar Alcohol 0g

**Protein** 2g 4%

Vitamin D 0mcg 0%

Calcium 18mg 2%

Iron 0mg 0%

Potassium 161mg 4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

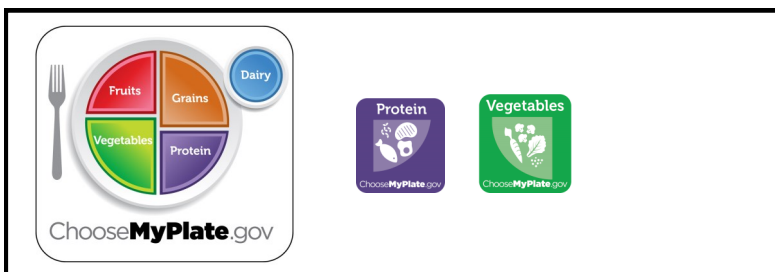
Second Harvest is an equal opportunity provider.



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