

# Beef Bone Broth Instant Pot

Bone broth is very nutritious. It is perfect for a ketogenic diet. I use mine in soups and my [Chili Recipe](#). The broth gives the chili an amazing beefy flavor.

I make mine in the Instant Pot. It can be made in a slow cooker but it's much quicker in the Instant Pot



Start with beef soup bones. 3-4 lbs. We got these in our half cow package. They are very meaty which gives the broth an even better flavor.

I use [Redmonds Real Salt](#) to generously salt the bones on both sides then I roast them in a 425 degree preheated oven for 20 minutes. Roasting the bones first gives them a richer flavor. I also add garlic powder and rosemary.





This is what they look like after 20 minutes of roasting.



Put the bones in instant pot then fill with water to the fill line.





Pressure cook for two hours then release pressure.



Let cool and then strain.



I use a nut bag to strain with. Make sure the jars are really clean. Fill to the top and place a lid on it.





Store in the refrigerator.