My friend Richard Steffensen; president and co-owner of Strictly Organic coffee in Bend, Oregon, with his wife Rhonda Ealy; joined me in the kitchen to share his recipes for bone broth and Richard's Chicken Soup. Richard's segment first aired on KPOV's “The Point” Friday, April 3, 2020. Richard's segment is available as a podcast at KPOV.org – programming – local shows and archives – Kathryn's Kitchen.

Bone Broth
Ingredients:
- 1 gallon freezer bag full of bones of your choice (approximately 2½ pounds). For chicken soup, use chicken bones.
- 1 tablespoon salt
- 2 tablespoons apple cider vinegar
- 5 bay leaves
- 3 to 4 quarts boiling water

Directions:
Place all ingredients in Insta-Pot for 3 hours on high pressure. Remove bones and strain liquid while hot. Cool overnight in refrigerator. Scrape off top layer of solids. Warm slightly and portion into 1 quart freezer bags or jars and freeze. May be frozen in ice cube trays before transferring to freezer bags.

Richard's Chicken Soup
Ingredients:
Chopped:
- 3 pounds boneless chicken thighs
- 3 medium carrots

Diced:
- 1 leek
- 1 large yellow onion
- 10 cloves mature garlic (or four young garlic which look like green onions)
- 2 large shallots
- 2 large green onions
- 1 quart chicken bone broth
- 1 tablespoon salt
- 2 tablespoons dried oregano
- 1 tablespoon dried parsley
- 1 teaspoon turmeric
- 1 teaspoon black pepper
- ¼ teaspoon white pepper
- 8 bay leaves

Put all ingredients but water in 5-quart Insta-Pot and stir to combine. Add water to maximum line on Insta-Pot. Cook at high pressure for 29 minutes. (If using a conventional crock pot, cook for 8-12 hours.)