

# Instant Pot Shredded Chicken

MAKES 8 SERVINGS

*Courtesy of Si Foster from a Bountiful Kitchen - modified*

*Submitted by Jodi Kruse*

## Ingredients

- 2 lbs. of frozen chicken
- ½ cup water
- Seasoning as desired

## Directions

1. Spray the Instant Pot insert with cooking oil.
2. Place the chicken in the pot, season generously as desired.
3. Pour ½ cup water around the sides of the chicken in the pot.
4. Make sure the sealing ring (inside the lid) is in the proper position.
5. Place the lid on the pot and set to the lock or SEAL position.
6. Turn the Instant Pot to the MANUAL setting for 12 minutes. If the chicken is not frozen, 8 minutes will work.
7. Press the MANUAL button to start the cooking process.
8. When the timer goes off and the chicken is cooked, the pressure may be released manually by carefully turning the valve on top of the Instant Pot to the VENTING position (be careful to not position your face over the pot while steam is releasing), or simply allow the pressure to naturally release for about 10-15 minutes before removing lid.
9. Remove chicken from the pot, shred or chop and use as needed.

## Tips

- To easily shred chicken, use your hand mixer on low.
- Vary the seasoning for the type of dish – Si Foster uses the example of chili powder, coriander, and garlic for a Mexican dish or use salsa instead of water.
- You can use shredded chicken in so many recipes like tacos, salads, soups, or on top of the vegetable quinoa pulao.



## NUTRITION FACTS (No Seasoning or Toppings)

**Per Serving (4 oz.):** 125 calories, 1g fat, 0g sat. fat, 74mg sodium, 0g carbs, 0g fiber, 26g protein