



Instant Pot® *shredded chicken for the week*

how to make

Add 1 can of chicken broth (or bone broth) to the Instant Pot.

Season 2 pounds of chicken breast or thighs with salt, pepper, and preferred seasonings.

Arrange chicken pieces inside the pot. Secure the lid and make sure the vent at the top is turned to the "sealed" position.

Press "POULTRY" for 12 minutes or "MANUAL" at HIGH PRESSURE for 12 minutes.

Natural release for 5 minutes. Carefully transfer chicken to a large pan. Allow it to cool slightly before shredding against the grain with two forks.



useful links

[Click here for the BEST multipurpose seasoning blend.](#) You don't need anything else but a healthy shake of this.

[Click here for my chicken recipe archives.](#)

how to use it up

- Coat chicken with salsa & cumin for chicken tacos.
- Add it to your chili, soup, curry, or stew.
- Toss it in pesto and eat alongside veggies.
- Add it to a casserole like my Alfredo Squash Bake.
- Add to an omelet for a high-protein breakfast.
- Use it for chicken salad wraps or sandwiches.



 **freezer friendly!**