

# ASHLEY'S MEAL PREP MONDAY

## Chicken in an Instant...Pot

3-4 boneless skinless  
chicken breasts  
1/2 TSP salt  
1 1/2 TSP Italian  
Seasoning  
1/4 TSP pepper  
1/2 TSP Onion  
Powder  
1 TSP Garlic Powder  
1 TBSP Avocado oil  
1 heaping TSP minced  
garlic  
1 cup chicken stock or  
water

In a small bowl, mix salt, pepper, garlic and onion powders, and Italian seasoning. Then sprinkle over chicken breasts on each side

Press 'saute' setting and wait 2 minutes. Add oil to the Instant Pot

Place chicken in and brown on each side for about 3 minutes.

Remove chicken and set aside.

Add minced garlic to the Instant Pot and stir a few times. Let it brown slightly then press the 'cancel' button

Add 1/4 cup of the chicken stock and deglaze the bottom by scraping any cooked bits with a wooden spoon.

Place "redneck" trivet in Instant Pot and arrange chicken on top

Close lid and set valve to 'sealing' position.

Make sure Instant Pot is set to cook at high pressure. Press 'manual' setting and set timer to 7 minutes.

Once the timer is done, press 'cancel' and do not flip the sealing valve. Let it release naturally. (Should take about 5 minutes)

Carefully open the lid and remove chicken.

Feel free to add cornstarch/water and turn the liquid into gravy if that's your thing. :)

