

Ashley's Meal Prep ~~Monday!~~ Tuesday!

Instant Pot Shredded Chicken

INGREDIENTS

- 1 cup low sodium chicken broth
- 3/4 TSP seasoning salt
- 1/2 TSP Italian seasoning
- 1/4 TSP pepper
- 4 boneless, skinless chicken breasts

Add all ingredients (aside from chicken) into Instant Pot and stir

Salt/pepper each side of the chicken breasts and add into the pot.

Put the lid on, turn valve to sealing, and manual pressure cook on high for 10 minutes.

Once the time is over, turn Instant Pot off and let the pressure release naturally for 10 minutes. (Don't touch it!)

Open the lid and drain about half of the liquid. Then shred the chicken - I like to use a hand mixer with the chicken still in the pot. Careful though, because it's hot. 😊

