



Go-To Garlic 'n Herb Shredded Chicken



1/6th of recipe (about 3/4 cup): 143 calories, 3g total fat (0.5g sat. fat), 413mg sodium, 1g carbs, <0.5g fiber, 0.5g sugars, 26g protein

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Prep: 10 minutes **Cook:** 25 minutes



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Ingredients

1 1/2 lbs. raw boneless skinless chicken breast
1 tsp. garlic powder
1 tsp. onion powder
1/2 tsp. dried parsley
1/2 tsp. dried basil
1/2 tsp. dried oregano
1/4 tsp. each salt and black pepper
2 cups chicken broth

Directions

Place chicken in the Instant Pot, and sprinkle with seasonings.

Add chicken broth. Cover with the lid, aligning the lid arrow with the arrow marked Open. Rotate until aligned with the Close arrow. Set the pressure release valve to the Sealing position.

Press Manual/Pressure Cook, and set time for 8 minutes. (The Instant Pot will preheat for 10 - 15 minutes.)

Press the Keep Warm/Cancel button to turn off the Instant Pot.

Caution: During the next step, keep hands and face away from opening; the fast-escaping steam will be hot! Turn the pressure release handle to the Venting position to let out steam until the float valve drops down.

Transfer chicken to a large bowl, draining the broth. Shred with two forks.

MAKES 6 SERVINGS

HG Tip: Use a dish towel or potholder to remove the lid, allowing steam to escape gradually before uncovering the pot completely.

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