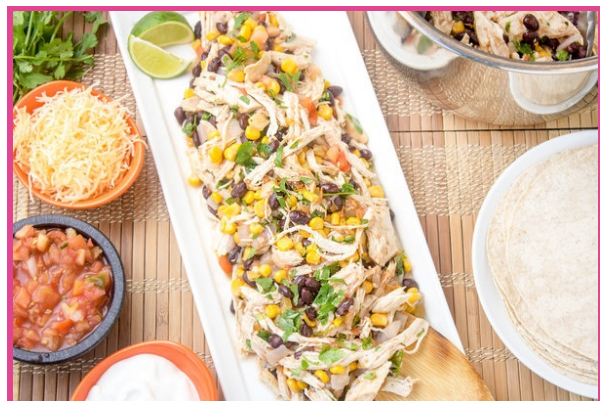




Instant Pot Burrito Chicken



1/6th of recipe (about 1 cup): 216 calories, 3g total fat (0.5g sat. fat), 587mg sodium, 20g carbs, 4g fiber, 4.5g sugars, 26g protein

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Prep: 5 minutes **Cook:** 25 minutes



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Ingredients

1 1/4 lbs. raw boneless skinless chicken breast
1/2 tsp. ground cumin
1/2 tsp. salt
1/4 tsp. black pepper
1 cup chopped red onion
3/4 cup salsa, or more for topping
One 15-oz. can black beans, drained and rinsed
1 cup frozen sweet corn kernels, thawed
1/3 cup chopped fresh cilantro, or more for topping
Optional toppings: light sour cream, shredded reduced-fat Mexican blend cheese

Directions

Place chicken in the Instant Pot, and sprinkle with cumin, salt, and pepper. Add onion, salsa, and 1/4 cup water.

Seal with lid. Press Manual/Pressure Cook, and set time for 6 minutes. (It will preheat for about 10 - 12 minutes.)

Once cooked, press Keep Warm/Cancel, and let sit for 5 minutes.

Vent to release steam.

Transfer chicken to a medium bowl. Shred with two forks.

Return chicken to the pot, along with all remaining ingredients. Mix well.

MAKES 6 SERVINGS

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