



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

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 0*

Purple Plan [SmartPoints](#)® value 0*

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



Tagged: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

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, select Manual, and set 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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.