



Instant Pot Chicken from Frozen



1/5th of recipe (about 3/4 cup): 167 calories, 3.5g total fat (0.5g sat. fat), 420mg sodium, 0.5g carbs, 0g fiber, <0.5g sugars, 31g protein

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Prep: 5 minutes **Cook:** 30 minutes

Cool: 10 minutes



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Ingredients

1 1/2 lbs. frozen (raw) boneless skinless chicken breast
1/2 tsp. salt
1/4 tsp. black pepper
1 cup chicken or vegetable broth

Directions

Spray the inner pot of the Instant Pot with nonstick spray.

Add chicken, and sprinkle with seasonings. Pour broth around the chicken, and seal with lid. Press Manual/Pressure Cook, and set time for 12 minutes.

Once cooked, press Keep Warm/Cancel. Let sit for 10 minutes. Vent to release steam.

Season, slice, chop, or shred as desired.

MAKES 5 SERVINGS

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