



# Basic Instant Pot Chicken

Let's get that Instant Pot out of your Closet and on to your Counter! I hear from a lot of people that they're not sure how to use their Instant pot. Well, here you go!

A basic Chicken recipe can be used for so many different meals. Change it up with Italian seasoning for zoodles, Mexican seasoning for enchiladas, or basic seasoning for chicken salad!

## Here are the Ingredients You'll Need:

- Chicken! The healthier the better!  
You can use fresh or frozen.

## Recipe:

- Add in 1 cup of liquid
- Add in chicken breast
- Set the Instant Pot on High for 11-12 minutes
- Let it Natural Pressure Release (NPR) for 5 minutes
- Easily shred, dice, or keep whole



## The Keto Dad Tips:

- Set a timer for the 5 minutes Natural release...sometimes I forget it doesn't beep.
- Just add 2 minutes for frozen
- You can cook the chicken in any liquid you want - water, bone broth, enchilada sauce, pasta sauce...
- We LOVE cooking up a pound or two of chicken to shred for the week. Mom and Dad make chicken salad and the kids love "naked" quesadillas!

**Serves:** N/A

**Macros:** N/A

SimpleFunKeto.com

Facebook: The Keto Dad Instagram: @theketodadlife YouTube: The Keto Dad