



## 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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