

Lunch | Dinner

# Basic Shredded Chicken

**5 Mins**  
Prep Time

**Varying**  
Cook Time

**8**  
Servings

**33** Calories   **1g** Fat   **0g** Carbs   **6g** Protein



## Ingredients

**8** Servings   **Instant Pot: 20 Mins** • **Slow Cooker: 2-3 Hrs** • **Stove Top: 20-25 Mins**   **Allergens: N/A**

2 lb Chicken Breast

½ Cup Chicken Bone Broth

Salt and Pepper, to taste

## What You'll Need

Instant Pot, Slow Cooker, or Large Skillet with Lid

Measuring Cups

Cutting Board

Tongs

Fork

### Nourishment Note



#### Chicken

Chicken is a lean source of protein and may provide your body with the building blocks it needs to build healthy cells.

## Instructions

### Instant Pot® Instructions

#### 1. Add Ingredients

To the instant pot, add the chicken breast, bone broth, and salt and pepper.

#### 2. Set Pressure & Time

Cover with lid and turn to high pressure. Cook for 15 minutes.

#### 3. Remove Chicken From Pot

Once pressure has been released, use tongs to remove the chicken from the pot and place on a cutting board.

#### 4. Shred Chicken

Use a fork to shred the chicken. Chicken can be used throughout the week, or frozen for up to one month.

### Stove-Top Instructions

#### 1. Sauté Chicken

Add 2 tablespoons of olive oil to a large skillet. Heat over medium-high heat. Add the chicken and sauté for 3 minutes, then turn the chicken over.

#### 2. Add Bone Broth & Let Cook

Add the bone broth and salt and pepper. Cover with a lid and reduce heat to medium-low. Cook for 15-20 minutes.

#### 3. Remove Chicken From Skillet

Once chicken is thoroughly cooked and no longer pink in the middle, use tongs to remove the chicken from the skillet and place on a cutting board.

#### 4. Shred Chicken

Use a fork to shred the chicken. Chicken can be used throughout the week, or frozen for up to one month.

### Slow Cooker Instructions

#### 1. Add Ingredients

To the slow cooker, add the chicken breast, bone broth, and salt and pepper.

#### 2. Cover & Cook

Cover with a lid and cook on high setting for 2-3 hours.

#### 3. Remove Chicken from Pot

Once chicken is cooked, use tongs to remove the chicken from the pot and place on a cutting board.

#### 4. Shred Chicken

Use a fork to shred the chicken. Chicken can be used throughout the week, or frozen for up to one month.

### Remission Remix

- Serve shredded chicken on top of a green salad for a nutritious and protein packed meal.

Recipe created by Meijer Chef, Chad Beuter