

Lunch | Dinner

Basic Shredded Chicken

Side Effect: Weight Loss/ Loss of Appetite

5 Mins
Prep Time

Varying
Cook Time

8
Servings

171 Calories **3.5g** Fat **0g** Carbs **33g** Protein



Ingredients

8 Servings **Instant Pot®: 15 Mins** • **Slow Cooker: 2-3 Hrs** • **Stove Top: 20-25 Mins** **Allergens: None**

2 lbs Boneless, Skinless Chicken Breast

½ Cup Chicken Bone Broth - more broth may be needed for the stove top and slow cooker cooking methods

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 high-quality protein source, with every ounce having about 9 grams of protein! This is important because protein needs may be higher when undergoing cancer treatment.

Instructions

Instant Pot® Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Add Ingredients

To the Instant Pot®, add the chicken breast, bone broth, and salt and pepper.

3. Set Pressure & Time

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

4. Remove Chicken From Pot

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

5. Shred Chicken

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

6. Wash Dishes

Wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands.

Stove Top Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. 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.

3. 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.

4. Remove Chicken From Skillet

Once chicken is thoroughly cooked and **has reached an internal temperature of 165 degrees F or higher**, use tongs to remove the chicken from the skillet and place on a cutting board.

5. Shred Chicken

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

6. Wash Dishes

Wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands.

Slow Cooker Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Add Ingredients

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

3. Cover & Cook

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

4. Remove Chicken from Pot

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

5. Shred Chicken

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

6. Wash Dishes

Wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands.

Fatigue Buster

- Freeze extra shredded chicken in an airtight container for up to a month to use in other recipes.

Recipe created by Meijer Chef, Chad Beuter