

INSTANT POT SHREDDED CHICKEN

Serves 1 whole chicken

INGREDIENTS

- 1 cup water
- 1 whole chicken (preferably pasture raised)
- 1-2 Tbls. lemon juice
- 1-2 Tbls. olive oil
- Favorite poultry seasonings

INSTRUCTIONS

1. Place trivet in bottom of instant pot and pour in water.
2. Place cleaned chicken on top of the trivet.
3. Pour lemon juice, oil & seasonings on top of chicken.
4. Seal lid and cook on high for 22-28 minutes depending on size of chicken. Let naturally release.
5. Once cooled use 2 large forks to shred the meat. Will keep for 5-6 days or can freeze.
6. Optional Bone Broth: place carcass remains back in to the instant pot with the leftover juices, pulling trivet out. Add veggie scraps, herbs and splash apple cider vinegar, add water to max line and seal in instant pot, setting to slow cook function for 20 hours. Strain and use/save chicken bone broth for another use.