



HOW TO INSTANT POT

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CARE AND THE LOUNGE BY AT&T

PULLED CHICKEN TACOS

MAKES: 6 SERVINGS

Ingredients

- 2 pounds boneless, skinless chicken breasts
- 1 tspn chili powder
- 1/2 tspn salt
- 1 cup roasted tomato salsa, or your favorite store-bought salsa
- tortillas or lettuce wraps if you want to keep this Whole30-friendly

Directions

- Arrange the chicken in a single layer in your Instant Pot.
- Sprinkle chili powder and salt seasoning on both sides of the chicken. Make sure to rearrange the pieces in a single later on the bottom of the IP.
- Pour the salsa evenly over the chicken.
- Lock the lid on the IP, make sure pressure valve is turned to "sealing". Press the "Manual" or "Pressure Cook" button, and program it to cook for 8-10 minutes under high pressure.
- When the chicken is finished cooking, quick-release the pressure manually.
- Remove the lid right away and transfer the chicken to a bowl to prevent overcooking.
- Using two forks, shred the chicken. Taste the cooking liquid and add salt and pepper, if necessary.
- Pour the cooking liquid over the shredded chicken and toss well to coat.
- Serve on top of your favorite tortillas or on lettuce wraps. Garish with your favorite taco toppings and dig in!

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