

# Shredded Chicken

Easy to make and either use right away or freeze for later. Cooked in the IP and shredded in the mixer it's very simple and the machines do the work!

When I find chicken breasts on sale, I usually process them right away using this method. Once completed, the chicken is all cooked and ready to use and packs well into a crowded freezer.

This recipe uses very simple seasoning because I usually want the chicken ready for a wide variety of uses of uses later on.

You can cook the chicken for less time, but I so like the "push one button and go" idea that I cook them for 30 minutes. The chicken will come out perfectly ready for shredding.

## Serving Ideas

### Super-fast Chicken Broccoli Soup

2 servings:

1. **1 can of cream of broccoli soup** or other cream style soup,

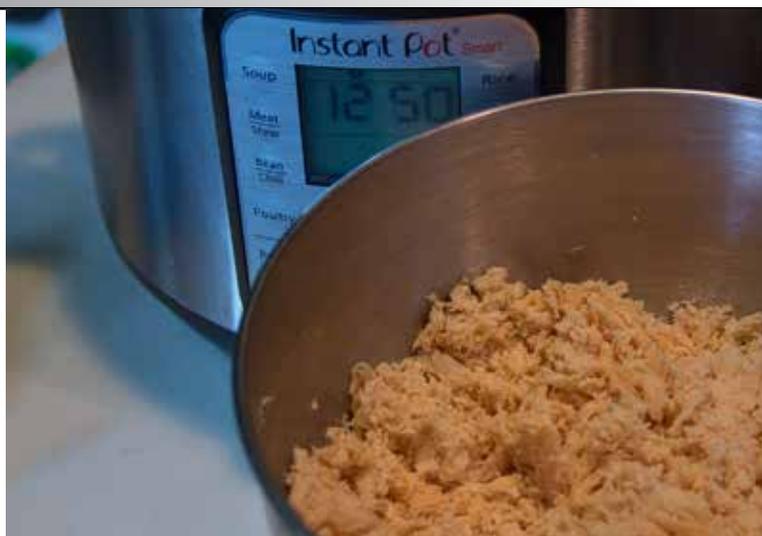
2. **¼ cup shredded chicken**

Thin soup with water to make it easier to stir, add chicken, heat, and serve

### Soups or Stews

Having shredded chicken ready makes soups and stews easy. Just add it to your favorite stock, add some rice, noodles, and some vegetables for a complete meal.

**Chicken Chili**  
**Chicken Tacos**  
**Salad Topping**  
**Chicken Salad Spread**



*All IP cooking actions on this page use a natural release.*

## Cooking the Chicken

*Add chicken, spices, water, and push one button. I like that.*

1. Put trivet and **2 cups water** into the IP
2. Put **5 lbs. chicken breasts**, bone-in or boneless, on the trivet.
3. Add **1 tablespoon onion powder** and **1 tablespoon garlic powder** to the chicken.
4. Put lid on IP and push the manual button once to set for cooking on high pressure for 30 minutes.

## Shredding the Chicken

*This trick is one of the best kitchen tips I have learned this year- quick and easy!*

1. Bone the chicken if needed.
2. Put all of the hot chicken in the mixer, I use my Kitchen-Aid.
3. Using the paddle attachment, mix on low until chicken is shredded to your satisfaction, usually in 30 seconds.
4. Pack in quart size, or smaller, plastic food bags and freeze.

## Large Batch Stock Processing

*When you are preparing 10 lb. or larger quantities of bone-in chicken breasts. Boneless chicken isn't very good for this because it doesn't yield a flavorful stock.*

1. Repeat the cooking and shredding above in 5 lb. batches, but use the same liquid each time in the IP and reserve all of the bones, skin etc.
2. Put all of the bones, skin, and other discards into the IP, add **2 carrots** and **2 celery stalks**, broken into quarters, and **1 onion**, cut into quarters. Top off with water to the max fill line.
3. Set IP for high pressure for one hour, strain and de-fat stock.