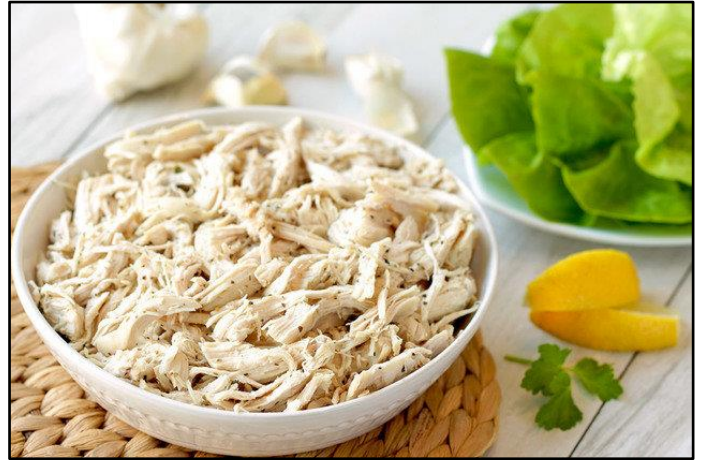


Go-To Garlic 'n Herb Shredded Chicken

Ingredients:

- 1 1/2 lbs. raw boneless skinless chicken breast
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. dried parsley
- 1/2 tsp. dried oregano
- 1/4 tsp. each salt and black pepper
- 2 cups chicken broth



Directions:

1. Place chicken in the Instant Pot, and sprinkle with seasonings.
2. Add chicken broth. Cover with the lid, aligning the lid arrow with the arrow marked Open. Rotate until aligned with the Close arrow. Set the pressure release valve to the Sealing position.
3. Press the Manual button, and set time for 8 minutes.
4. Press the Keep Warm/Cancel button to turn off the Instant Pot.

Caution: During the next step, keep hands and face away from opening; the fast-escaping steam will be hot! Turn the pressure release handle to the Venting position to let out steam until the float valve drops down.

5. Transfer chicken to a large bowl, draining the broth. Shred with two forks.

MAKES 6 SERVINGS

1/6th of recipe (about 3/4 cup): 143 calories, 3g total fat (0.5g sat fat), 413mg sodium, 1g carbs, <0.5g fiber, 0.5g sugars, 26g protein

5 DINNERS IN 1 HOUR

INSTANT POT

& SLOW COOKER

Cheat Sheet

WWW.5DINNERSIHOUR.COM

5DISH TIP! Don't add milk and dairy such as cheese until the end!

NOTE: AT LEAST 1-2 CUPS OF LIQUID SUCH AS WATER OR BROTH MUST BE ADDED TO THE INSTANT POT IN ORDER FOR IT TO COME TO PRESSURE.

Beef (roast)

Cook in Instant Pot:
15 minutes per pound

Cook in slow cooker:
8-10 hours/low

Beef (stew)

Cook in Instant Pot:
15-20 minutes

Cook in slow cooker:
8-10 hours/low

Ground Beef

Cook in Instant Pot:
5 minutes **Q**

Cook in slow cooker:
4-6 hours/low

Meatballs

Cook in Instant Pot:
10-15 minutes

Cook in slow cooker:
4-6 hours/low

Chicken Breasts

Cook in Instant Pot:
6 minutes **10**

Cook in slow cooker:
4-6 hours/low

Chicken Thighs (bone-in)

Cook in Instant Pot:
10 minutes **10**

Cook in slow cooker:
4-6 hours/low

Chicken Thighs (boneless/skinless)

Cook in Instant Pot:
8 minutes **10**

Cook in slow cooker:
4-6 hours/low

Whole Chicken

Cook in Instant Pot:
6 minute per pound

Cook in slow cooker:
6-8 hours/low

Pork Chops (bone-in)

Cook in Instant Pot:
8 minutes **10**

Cook in slow cooker:
8 hours/low

Pork Chops (boneless)

Cook in Instant Pot:
5 minutes **10**

Cook in slow cooker:
8 hours/low

Pork Shoulder (3 pound)

Cook in Instant Pot:
55 minutes

Cook in slow cooker:
8 hours/low

Pork Loin (2-3 pound)

Cook in Instant Pot:
25-30 minutes

Cook in slow cooker:
8 hours/low

Fish Fillet

Cook in Instant Pot:
5 minutes **Q**

Cook in slow cooker:
1-2 hours/low

Meatloaf

Cook in Instant Pot:
25-30 minutes

Cook in slow cooker:
7-8 hours/low

White Rice (1:1 ratio)

Cook in Instant Pot:
5 minutes **10**

(1:2 ratio)
Cook in slow cooker:
1 1/2-2 1/2 hours

Whole Potatoes

Cook in Instant Pot:
14 minutes **Q**

Cook in slow cooker:
8 hours/low

NATURALLY RELEASE PRESSURE UNLESS INDICATED WITH ONE OF THESE SYMBOLS

10 NATURAL RELEASE FOR 10 MINUTES, THEN QUICK RELEASE REMAINING PRESSURE.

Q QUICK RELEASE