A logo with green and blue leaves

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**Easy Instant Pot Chicken**

This is a quick and easy recipe for nights you have limited time and options! The chicken can be cooked frozen. Keep in mind that although the time says 10 minutes, the Instant Pot will need time to build up pressure.

**Ingredients**

1 cup organic chicken broth or stock

Boneless Chicken Breast or Thighs (Bone in is fine, will take longer to cook)

Italian Herbs – 1 tablespoon each, oregano, basil, and thyme (Feel free to get creative with your spices! Check out Rebekah Gillette’s spice blends in the recipe section of the member vault.

1 tsp Pink Himalayan Salt

½ tsp Garlic Powder (Good for all days on the Healthy PREboot and days 1-7 of the 28 Day Healthy Reboot/Reboot for life. **Cannot be used** days 8 – 29 on the 28 Day Healthy Reboot/Reboot for Life except Day 17, FODMAP day).

½ tsp Cracked Pepper

Pinch of Stevia (optional) When cooking off program, you can use 1 tsp of coconut sugar.

**Directions**

Rinse and pat dry chicken. Mix all herb and spice ingredients together and season chicken. This can be done several hours before cooking. If you have an Instant Pot trivet, place it in the pot. Do not worry if you do not have it. Add chicken stock to the pot. Place the seasoned chicken in the pot in a single layer.

Close and seal the Instant Pot. Cook on high for 10 minutes for boneless chicken. 15 minutes for frozen boneless or 16-18 minutes for raw boned chicken. You can quick release the pressure or let it release naturally. Chicken should be cooked to 165 degrees.

If the chicken is not cooked, just place back in the Instant Pot and cook for a few more minutes. Be sure to save the chicken broth and drink as a bone broth treat or make soup.