

Instant Pot® Salsa Chicken



An Instant Pot® makes an easy weeknight meal even easier! Frozen chicken breasts are combined with taco seasoning and salsa for a tasty Mexican-themed meal. You can use the meat for tacos, burrito bowls, or as a topping for baked potatoes. So many possibilities! I used this the first night for chicken quesadillas. The second night I used it as a topping for baked potatoes with shredded cheese, pickled jalapenos, and sour cream.

By TAMMY LYNN

Prep: 5 mins

Servings: 2

Cook: 15 mins

Total: 40 mins

Additional: 20 mins

Ingredients

- ☐ 1 pound frozen skinless, boneless chicken breast halves
- ☐ 1 (1 ounce) packet taco seasoning mix
- ☐ ½ cup salsa
- ☐ ½ cup low-sodium chicken broth



Directions

Place chicken breasts in an electric pressure cooker (such as Instant Pot®). Sprinkle all sides with taco seasoning. Pour salsa and chicken broth on top.

Place lid on the pot and lock in place. Select the Poultry setting and set the timer for 15 minutes. Allow pressure to release naturally after the cooking time has ended, about 20 minutes. An instant-read thermometer inserted into the center of the chicken should read at least 165 degrees F (74 degrees C). Shred the cooked chicken.



Cook's Notes:

You can use water in place of chicken broth if desired.

If you thaw the chicken breasts, shorten the cooking time to 8 to 10 minutes.

Both quick-release and natural-release work for this recipe.

Nutrition Facts

Per Serving:

300 calories; 4.8 g total fat; 118 mg cholesterol; 1546 mg sodium. 13.9 g carbohydrates; 45.9 g protein;