

Lunch | Dinner

## Basic Shredded Chicken

Side Effect: Weight Loss/ Loss of Appetite

**5 Mins**  
Prep Time

**Varying**  
Cook Time

**8**  
Servings

**171** Calories   **3.5g** Fat   **0g** Carbs   **33g** Protein



### Ingredients

**8 Servings** • **Instant Pot®: 15 Mins** • **Slow Cooker: 2-3 Hrs** • **Stove Top: 20-25 Mins** • **Allergens: None**

**2 lbs** Boneless, Skinless Chicken Breast

**½ Cup** Chicken Bone Broth - more broth may be needed for the stove top and slow cooker cooking methods

Salt and Pepper, to taste

### What You'll Need



Instant Pot®, Slow Cooker, or Large Skillet with Lid



Measuring Cups



Cutting Board



Tongs



Fork

#### Nourishment Note



##### Chicken

Chicken is a high-quality protein source, with every ounce having about 9 grams of protein! This is important because protein needs may be higher when undergoing cancer treatment.

## Instructions

### Instant Pot® Instructions

#### 1. Wash Hands

Wash hands with soap and water.

#### 2. Add Ingredients

To the Instant Pot®, add the chicken breast, bone broth, and salt and pepper.

#### 3. Set Pressure & Time

Cover with lid and turn to high pressure. Cook for 15 minutes.

#### 4. Remove Chicken From Pot

Once pressure has been released, use tongs to remove the chicken from the pot and place on a cutting board.

#### 5. Shred Chicken

Use a fork to shred the chicken. Chicken can be used throughout the week, or frozen for up to one month.

#### 6. Wash Hands

Wash hands with soap and water.

### Stove Top Instructions

#### 1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

#### 2. Sauté Chicken

Add 2 tablespoons of olive oil to a large skillet. Heat over medium-high heat. Add the chicken and sauté for 3 minutes, then turn the chicken over.

#### 3. Add Bone Broth & Let Cook

Add the bone broth and salt and pepper. Cover with a lid and reduce heat to medium-low. Cook for 15-20 minutes.

#### 4. Remove Chicken From Skillet

Once chicken is thoroughly cooked and **has reached an internal temperature of 165 degrees F or higher**, use tongs to remove the chicken from the skillet and place on a cutting board.

#### 5. Shred Chicken

Use a fork to shred the chicken. Chicken can be used throughout the week, or frozen for up to one month.

#### 6. Wash Hands

Wash hands with soap and water.

### Slow Cooker Instructions

#### 1. Wash Hands

Wash hands with soap and water.

#### 2. Add Ingredients

To the slow cooker, add the chicken breast, bone broth, and salt and pepper.

#### 3. Cover & Cook

Cover with a lid and cook on high setting for 2-3 hours.

#### 4. Remove Chicken from Pot

Once chicken is cooked, use tongs to remove the chicken from the pot and place on a cutting board.

#### 5. Shred Chicken

Use a fork to shred the chicken. Chicken can be used throughout the week, or frozen for up to one month.

#### 6. Wash Hands

Wash hands with soap and water.

### Fatigue Buster

- Freeze extra shredded chicken in an airtight container for up to a month to use in other recipes.

Recipe created by Meijer Registered Dietitians