



Instant Pot Chicken Breast - The Ultimate Guide

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This is your ultimate guide to Instant Pot Chicken Breast. I show you how to cook fresh and frozen boneless skinless chicken breast in the Instant Pot, bone-in chicken breast, shredded chicken breast, and poached chicken breast. I also give you some different seasoning combos like Mexican, Italian, Curry, and All Purpose

Course dinner, lunch, Main Course, Salad
Cuisine American, Indian, Italian, Mexican

Prep Time 20 minutes
Cook Time 10 minutes
Total Time 30 minutes

Servings 6
Calories 180 kcal

Ingredients

- 6 Chicken Breasts frozen (Please see the notes for cooking times of fresh and bone in chicken breasts)
- 1 cup Water
- 3 Cloves garlic, minced
- 1 tablespoon Chili powder
- 1 teaspoon Ground cumin
- 1 teaspoon Dried oregano
- 1 teaspoon Salt
- 1/2 teaspoon Black pepper
- Please see post for All Purpose, Mexican, Indian, and Italian seasoning options

Instructions

1. Add all ingredients to an electric pressure cooker (also check out the blends above the recipe card), lock the lid, and set the valve to "sealing"
2. Set the timer for 10 minutes. When finished cooking, let naturally release for 10 minutes. Release the rest of the pressure using "quick release" and, after the pin drops, carefully remove the lid.
3. Using 2 forks or a hand mixer, shred the chicken or cut into slices.
4. Serve in chicken taco salads or burrito bowls.

THE BEST SEASONINGS FOR CHICKEN IN THE INSTANT POT

Combine the ingredients and use 1 teaspoon of the blend per chicken breast. These can all be stored in an air tight container for up to 6 months.

-ALL PURPOSE SEASONING FOR INSTANT POT CHICKEN BREAST

- 4 teaspoons kosher salt
- 4 teaspoons garlic powder
- 2 teaspoons oregano
- 2 teaspoons onion powder
- 2 teaspoons dried thyme
- 1 teaspoons parsley
- 1 teaspoon black pepper

-ITALIAN INSTANT POT CHICKEN BREAST

- 2 teaspoons oregano
- 3 teaspoons parsley
- 1 teaspoon dried sage
- 2 teaspoons dried thyme
- 1 teaspoon dried basil
- 4 teaspoons kosher salt
- 1 teaspoon black pepper

-MEXICAN INSTANT POT CHICKEN BREAST

- 4 teaspoons kosher salt
- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon onion powder
- 1 teaspoon smoked paprika
- 2 teaspoons cumin