

# Instant Pot Chicken Breasts (Frozen & Fresh)



Tried and true fail proof way to cook chicken breasts in the pressure cooker.

<b>Course</b>	Main Course
<b>Cuisine</b>	American
<b>Keyword</b>	Instant Pot Chicken Breast, Instant Pot Chicken Breasts, Instant Pot Frozen Chicken Breast
<b>Prep Time</b>	2 minutes
<b>Cook Time</b>	10 minutes
<b>Total Time</b>	12 minutes
<b>Servings</b>	12
<b>Calories</b>	141 kcal
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## Ingredients

- 3 pounds chicken breasts\*\*\*
- 1 cup pineapple juice or chicken stock
- 1 tablespoon minced garlic
- 2 teaspoons kosher salt 1 teaspoon if using chicken stock

## Instructions

1. Place all ingredients in pressure cooker.
2. Close lid and turn vent to sealed.
3. **For Frozen Chicken**, cook on poultry setting on high pressure for 10 minutes.
4. **For Fresh Chicken**, cook on poultry setting on high pressure for 6 minutes.
5. Allow to release naturally for 5 minutes, and then do a quick release if needed.
6. Remove chicken from liquid and rest chicken for 5-10 minutes.
7. Slice and serve or shred with 1/2 cup cooking liquid.
8. Keeps in fridge for 3-4 days.

## Recipe Notes

\*\*\*I use organic chicken breasts. Each breast is about 6-8 ounces. So if your chicken breasts are larger, you may want to increase time by 1-2 minutes. Just be sure to reach 165 degrees for doneness (It can come out of pressure cooker at 160-162 and will raise to 165 as it rests.)

You do NOT need to use the poultry setting, just high pressure. (Hit manual or pressure cook and adjust pressure to high and set time.)

To freeze, allow chicken to cool completely and then seal in freezer safe bags and freeze for future use.

Cooked Chicken Breast will keep in fridge for 2-4 days.

