

# Pressure Cooker Chicken Breast

- 4 Boneless Skinless Chicken Breasts
- ½ C Water
- Option of 3 Ingredients

First, place water in pressure cooker along with one of these 3 options:

1. 1 bottle BBQ sauce (18 oz)
2. 1 ½ C Water
3. 1½ C Chicken Broth

Second, place chicken breast in cooker.

Cook on setting 2 for 7 min (if using frozen chicken, add 3 min to your cooking time).

Using the Bosch, attach the wire whips. Pour all contents from the pressure cooker into the mixer and turn to speed 1 or use your "M" switch. Process until shredding is complete.

Chicken may then be used in a variety of dishes (sandwiches, soups, pizza, enchiladas, tacos, etc).

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