



## Shredded BBQ Chicken

### INGREDIENTS

3 lbs of chicken breasts  
1 tbsp of olive oil  
1/3 cup of chicken stock  
1 medium yellow onion diced very small  
2 cloves of garlic  
1 tsp of paprika  
1.5 cups BBQ sauce, divided

### METHOD

Add one tablespoon olive oil to bottom of Instant Pot.  
In this order, add in chicken breasts, 1/3 cup stock, onion, garlic, paprika, and 1 cup BBQ sauce.  
Lock the lid and manual pressure cook for 10 minutes. Just hit 'pressure cook' then add the time.  
Once the timer goes off, natural release for 10 minutes and then quick release.  
Shred with two forks and let place back in IP and stir in other half cup of BBQ sauce.