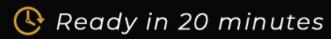
Black Canvas Chicken





Meal Type: STAPLE

Preparation Difficulty:

EASY

Program Phase:

ALL PHASES

Preparation Time:

PREP: 5 minutes COOK: 15 minutes



TIP: WARM CHICKEN IS EASIER TO SHRED

INGREDIENTS (2-12 SERVINGS):

1 to 4 boneless, skinless chicken breasts, 8 to 12 ounces each

Salt and pepper, to tase

Water OR 1/2 cup low sodium chicken broth for crock pot/slow cooker version

*Number of servings depending on amt of breasts used. Always weigh before using!

#EATGOODFEELGOOD

IN A POT:

- Place the chicken breasts in the bottom of a large pot, then season them lightly with salt and pepper. Give each a nice sprinkle. If you are cooking a lot of chicken breasts, you can overlap them slightly. If you have a lot of overlap, use a larger pot.
- 2. Cover the chicken with 1 inch of water and bring to a boil over high heat.
- Reduce heat to simmer and cook for about 8-16 minutes, depending on the thickness of the chicken, until fully cooked through and a meat thermometer reads 165°F.
 Remove chicken with slotted spoon and transfer to a plate. Let cool for 5 minutes and shred with fork.

IN A SLOWCOOKER

- Pour chicken broth into the slow cooker. Place chicken in slow cooker and sprinkle with salt and pepper.
- Cook on high for 3 and 1/2-4 hours or on low for 5 hours. Shred with 2 forks.
- Return shredded chicken to slow cooker for an additional 30 minutes on low. This step helps to keep the chicken moist and tender and adds flavor.