


# Black Canvas Chicken

 Ready in 20 minutes



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 taste

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!

## IN A POT:

1. 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.
3. 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

1. Pour chicken broth into the slow cooker. Place chicken in slow cooker and sprinkle with salt and pepper.
2. Cook on high for 3 and 1/2-4 hours or on low for 5 hours. Shred with 2 forks.
3. 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.

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