



EASY CROCKPOT PULLED CHICKEN



About this Recipe

The purpose of meal prep is to always make sure you have quality, less processed whole foods on hand. You want to make it as easy as possible to stay on track with your nutrition goals, even on the longest and hardest days. But, preparing vegetables, proteins, and good complex carbs for the week also takes a bit of time, energy, and planning. This is why I am always looking for ways to improve and streamline this process. Enter this chicken recipe. Cooked in either a crockpot or instant pot, this is the easiest way I have found to prep a large amount of chicken that can then be used for the week as a base for so many meals. I start with organic chicken that I get either frozen in a bag at Trader Joe's or fresh at Costco. I usually throw it together on Sunday evening before bed and then let it cook overnight to be ready Monday morning.

Ingredients

- 3-5 pounds organic boneless, skinless chicken breasts
- 2 cups chicken bone broth

Directions

- 1 Place chicken in the bottom of the crockpot or instant pot
- 2 Add broth on top of chicken
- 3 Cover and cook for 30 minutes (in instant pot), or 8 hours in crockpot
- 4 Once chicken is finished cooking, shred with two forks, let it cool, and store covered in the refrigerator for 3-4 days