CHICKEN YUM YUM

We got this super yummy recipe from a client and had to pass it on! If you're in the Instant Pot club you'll be able to make this in a snap! A crock pot will take a bit longer but well worth it! Let us know what you think!

Ingredients:

- 2 pounds boneless organic chicken thighs (frozen or fresh)
- 3T all natural ketchup
- 1/2 tsp sea salt
- 2 tsp garlic powder (or minced)
- 1/4 cup ghee or organic butter
- 1/2 tsp finely ground black pepper
- 1/4 cup coconut aminos (we added a few tablespoons extra!)
- 1/4 cup raw honey



Directions:

Place all ingredients in your Instant Pot or crock pot. Stir to combine and coat the chicken. If using an Instant Pot, secure the lid, close the pressure valve and press "Manual" (or crock pot on high). If using frozen chicken, press the "+" button until 40 is displayed. If using fresh chicken, press the "-" button until 18 minutes is displayed (this could vary slightly). Allow the chicken to cook then quick release the pressure valve. Once complete, remove the lid when safe to do so and shred the chicken slightly with two forks (this is a suggestion not a requirement). Now remove the chicken from the stainless steel basin and press the "Cancel" button followed by pressing the "Saute" button. Allow the sauce to reduce by allowing it to saute for 5 minutes. Serve over vegetable of your choice, we ate ours on roasted cauliflower. Or if you can eat rice, do it up starchy style! Makes 12 servings!

NUTRITION PER SERVING:

Per Serving: Calories 236, Fat 17g, Sat Fat 6g, Cholesterol, 85 mg, Carbs 8g, Fiber 0g, Sugar 7g, Sodium 223 mg, Protein 13g

Reference: www.predominantlypaleo.com