

# pulled chicken

prep: 15m

serves: 6-10

slow cooker: 4-8h

instant pot

## ingredients:

- 1 tbsp oil
- 1 medium onion, diced
- 1 1/2 lb chicken breast
- 1 1/2 cup chicken broth
- 3 tbsp tomato paste
- 1 tbsp turmeric
- 1 tsp curry
- 1/8 tsp cinnamon
- salt & pepper to taste

## notes:

- ✓ potluck friendly
- ✓ flexible serving options

## instructions:

- saute onion in oil until soft
- add all but chicken, whisk together
- add chicken
- slow cook high 6 hours
- if using whole chicken breast, shred or slice at least 1 hour before end of cook time
- serve over rice, or in pita with fresh veggies

## news:

mxup.menu volume 1 is now available! Scan this code to visit our homepage!

