

# Chicken Taco Bowls (Instant Pot)



## Ingredients

- 1 ½ cups low-sodium chicken broth , divided
- 1 pound boneless skinless chicken breasts
- 1 packet taco seasoning
- 15 ounce can black beans , rinsed and drained
- 1 cup corn
- 1 ½ cups salsa
- 1 ¼ cups long grain white rice , rinsed and drained

## Directions

Spray bottom of IP with non-stick cooking spray and add 1/2 cup chicken broth.

Add chicken breasts and taco seasoning. Add black beans and corn and salsa. Add rice and remaining 1 cup chicken broth.

Press rice into the liquid to make sure it's fully submerged. Cook on Manual (high pressure) for 8 minutes.

Allow pressure to naturally release for 12 minutes, then turn to quick release. Gently FLUFF rice with a fork (Don't stir it!).

Place lid back on (with power off) for 5 more minutes to allow rice to rest while you prepare the toppings.

Slide rice to the side a bit to find the chicken breasts and pull them out and shred.

Add a scoop of rice mixture to a bowl. Top with some shredded chicken and toppings of choice..

Serve with tortillas, if desired.

