

# Gluten Free Instant Pot Chicken Tacos

Preparation time: 5 minutes; total time: 30 minutes (add on a few minutes for the Instant Pot to come to pressure. Add on 20 minutes if using frozen chicken breasts).

## Ingredients

- 2-2.5lbs thawed or frozen organic chicken breasts
- 1 jar of organic salsa
- 1 can of organic low sodium black beans
- 1 can organic or non GMO sweet corn (optional)
- 1 Tbsp coconut sugar (optional)
- 1/8 tsp Cumin
- 1/8 tsp Chili powder
- 1/8 tsp Cayenne powder
- 1/8 tsp Onion powder
- 1/8 tsp Garlic powder
- Gluten Free soft tortillas
- Organic Mexican blend cheese (optional)
- Organic whole milk Greek yogurt (optional)
- Fresh Cilantro or shredded lettuce (optional)

1. Place jar of organic salsa in Instant Pot.
3. Place chicken breasts in Instant Pot.
5. Drain and rinse black beans and dump in Instant Pot.
7. Place can of non GMO corn (optional, also a good way to stretch this meal even farther if you have a large family).
9. Sprinkle in your sugar and seasonings (I usually don't measure these, I just sprinkle in a little of each).
11. Stir.
13. Close lid. Be sure to close vent to Sealing.
15. Cook on manual for 24 minutes. (45 minutes if using frozen chicken breasts)
17. Quick release.
19. Shred chicken.
21. Serve in gluten free tortillas (or your tortillas of choice), with organic Mexican blend cheese (optional) and organic Greek yogurt (optional).
22. Enjoy!