

## MEAL #3

ELECTRIC PRESSURE COOKER

# Chicken and Black Bean Taco Salad

YIELD: 4 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 15 MINUTES + PRESSURE BUILD/RELEASE TIME

### PREPARE TO FREEZE

#### Ingredients:

- 4 small boneless chicken breasts
- 15-ounce can black beans
- 1 cup red salsa
- 1 package taco seasoning
- Salt and pepper

#### Instructions:

1. Open, drain, and rinse can of black beans.
2. Add the beans to a gallon-size plastic freezer bag in a round bowl/dish, then add the rest of the ingredients.
3. Remove as much air as possible and seal shut.
4. Add label to bag and freeze for up to 6 months.

### COOK FROM FROZEN

#### Additional Ingredients:

- ½ cup HOT water
- lettuce

#### Instructions:

1. Thaw in the fridge overnight or put frozen round meal directly in electric pressure cooker.
2. Add ½ cup HOT water.
3. If using the frozen meal, turn on the sauté setting and add a lid. I use a glass slow cooker lid, but you could just use a regular pot lid. Heat on sauté for 5–10 minutes, stirring occasionally, until most of the liquid has thawed. Press the Cancel/Off button to turn off the sauté feature.
4. Cover with the electric pressure cooker lid and set the vent to sealing. Select the Manual or High-Pressure button. Make sure that the pressure is set to high and set the time to 15 minutes. Once the cook time is complete, allow the pot to depressurize naturally for 10 minutes. Manually release any remaining pressure.
5. Shred the chicken in the pot. Season with salt and pepper to taste.
6. Prepare the salad: place a layer of lettuce on a large plate (in an amount you desire) and spoon the shredded chicken and black beans from the cooker on top. See Serving Suggestions to finish, if desired.

### COOK FROM FRESH

#### Ingredients:

All ingredients from [Prepare to Freeze](#) and [Cook from Frozen](#) sections above.

#### Instructions:

To bypass the freezer step, simply add all of the ingredients to the electric pressure cooker and follow the directions listed in steps 4–6 of [Cook from Frozen](#) instructions.

### SERVING SUGGESTIONS

Garnish with guacamole, sour cream, and salad dressing