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FOUNDED BY LARRY HESTER

ERIN GREEN  
RACING | NUTRITION

# Instant Pot Chicken Tacos

+ Pickled Onions

**Prep time:** 15 min | **Cook time:** 15 min | **Servings:** 10

## Ingredients:

### Chicken Tacos:

- 2.5 lbs chicken breast
- 1 cup salsa
- 1 packet low-sodium taco seasoning
- 1-1 ½ cups water

**1-2 bags of salad mix (Avocado Ranch or Southwest, e.g.)**

### Creamy Avocado Sauce:

- 1 large avocado
- 1-2 medium limes
- ½ cup light sour cream or low-fat plain yogurt
- ½ tsp salt
- ½ tsp garlic powder
- Olive oil (optional)

## Directions:

1. Mix salsa, seasoning packet and water in the Instant Pot. Add chicken, dredging it in the mixture to coat. Set Instant Pot to Pressure Cook on High for 10 minutes. Add 1-2 more minutes for extra thick or frozen chicken breasts.
2. Meanwhile, make the avocado sauce. Add all ingredients in a blender or food processor and process until smooth. Add more lime juice and/or olive oil for a thinner consistency. Alternatively, this can be made by hand by mashing the avocado with a fork then mixing in the rest of the ingredients.
3. Once Instant Pot completes cooking, allow slow pressure release for 5 min. Then manually release pressure, remove lid and remove chicken.
4. Slice chicken into large pieces to make shredding easier. Using two forks shred each chicken breast, transfer to a storage container and pour sauce from the Instant Pot onto the chicken.
5. In a large bowl, mix the salad mixes.
6. Warm tortillas on a pan or griddle over medium-high heat. Build the tacos using the salad mix and a variety of toppings (ideas below). Store leftover chicken in an airtight container in the fridge for up to 5 days.





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# Pickled Onions

## Ingredients:

- 1 medium red onion
- 1 cup white vinegar
- 1 cup water
- 2 tbsp sugar
- 1 tbsp salt
- 1 tsp whole peppercorns
- Optional: whole garlic cloves

## Directions:

1. Thinly slice the onion and add to a large jar (repurpose an old pasta sauce or salsa jar). Add peppercorns, and garlic if using.
2. In a saucepan, heat vinegar, water, sugar and salt over medium heat. Whisk frequently until sugar is completely dissolved and mixture just begins to simmer (approx. 2-3 min).
3. Remove pan from heat and let cool for 5 minutes before pouring over the onions in the jar. Let cool completely before sealing and storing in the fridge. They will keep for 2-3 weeks.

## Chicken Tacos Shopping List:

- Chicken breast
- Taco seasoning
- Salsa
- Avocado
- Plain yogurt
- 3-4 limes
- Olive oil
- Cilantro
- Shredded cheese
- 2 salad kits
- 2 Jalapeños
- Pinto beans
- Corn tortillas

### From home:

Instant Pot,  
thermometer, pickled  
onions, apron, Yellow  
Bird sauce

## Topping Ideas:

- Pickled onions
- Taco Sauce
- Shredded cheese
- Fresh or pickled jalapeños
- Black or pinto beans
- Lime wedges
- Fresh cilantro
- Sliced radishes
- Diced tomatoes

