

# Shredded Chicken

This will make as many trays as you choose to make\*

[Nessa's Nook: Shredding Chicken to put in Freeze Dryer](#)

## Ingredients:

4 lbs frozen  
boneless skinless  
Chicken Breasts



## Directions:

1. Put frozen chicken in your Instant Pot
2. Cook on high pressure for 30 minutes
3. Put cooked chicken breasts in your kitchenaid stand mixer bowl
4. Using the whisk attachment, start on a low setting, and increase power as needed to shred your chicken.
5. Let the chicken cool, place on a freeze dryer tray, cover and freeze until solid.
6. Freeze Dry
7. Store Appropriately (See Tips and Tricks for storage help)

**Cycle Time:** Varies

**Rehydration:** You can not overhydrate meat, soak in water or chicken broth to rehydrate



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[www.freezedryingcookbook.com](http://www.freezedryingcookbook.com)

Cycle times & rehydration for reference only

\* Large Tray = 8 Cups/tray    Medium = 6 Cups/Tray    Small = 4 Cups/Tray