

Deliciously Easy Instant Pot Shredded BBQ Chicken

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Recipe type: Entree

Prep time: 5 mins Cook time: 20 mins Total time: 25 mins

Serves: 6-8 servings

This instant pot shredded bbq chicken is a healthy, quick and easy weekday or weekend dinner that's on the table in less than 30 minutes!

Ingredients

- 3 pounds boneless chicken thighs, trimmed of excess fat
- **spice mix for chicken:**
- 2 tablespoons onion powder
- 2 tablespoons paprika
- 2 teaspoons dried rubbed sage
- 2 teaspoons dried thyme
- 1 teaspoon dried crushed red pepper
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon olive oil
- 1 medium onion, ½" thick sliced half rounds
- 2 cloves fresh garlic, minced
- 1 cup favorite [homemade bbq sauce](#) or store bought, divided

Instructions

1. Place all the trimmed chicken thighs in a large bowl and set aside. In a small bowl, mix together all the spices and use to evenly coat all the thighs. Set aside.
2. Remove the lid from a 6 quart Instant Pot, push the sauté button and add the olive oil and sliced onion. Sauté for 2-3 minutes, then add the minced garlic. Sauté together for another minute then turn off Instant Pot. Add the seasoned chicken thighs on top of the onion and garlic mixture, then pour ½ cup of bbq sauce over the chicken.
3. Cover with the Instant Pot lid; making sure it's locked and the steam value is in the closed position. Select the "poultry" preset button or manual 20 minutes high pressure.
4. When pot is finished, wait 10 minutes for it to cool down or release pressure manually by taking a hand towel and carefully opening up the steam valve on the lid. It is safe to open once all steam has been released.
5. There will be a decent amount of cooking liquid in the pot, so remove the lid and turn on sauté again. As the chicken mixture is boiling to reduce the liquid, take two forks and shred the chicken thighs. Continue shredding and mixing until all the chicken is pulled apart and liquid has evaporated. Mix in the remaining ½ cup of bbq sauce and heat through for another minute or two. Turn off pot, serve immediately and enjoy!

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