

## Electric Pressure Cooker Honey Bourbon Chicken



### Ingredients for meal prep:

- ❖ 1 ½ pound chicken, thighs
- ❖ ⅛ teaspoons salt
- ❖ ⅛ teaspoons black pepper
- ❖ ½ cups soy sauce
- ❖ ¼ cup ketchup
- ❖ 2 tablespoons vegetable oil
- ❖ 1 tablespoon red pepper flakes
- ❖ 1 cup honey

### Ingredients for cooking:

- ❖ 2 tablespoons cornstarch
- ❖ 1 tablespoon water

### Supplies:

- ❖ Round 64 oz tupperware
- ❖ Label/index card

### To freeze:

Combine all ingredients except cornstarch and water into freezable container. Label with contents, directions and date.

### To prepare from frozen:

Remove meal from freezer run under warm water to loosen from container. Place meal in inner pot. Lock lid into place and adjust the steam valve to sealing. Cook under manual pressure for 25 minutes. Natural release pressure for 5 minutes, by allowing the cooker to cool for 5 minutes, then release the steam. Remove chicken and dice. Combine cornstarch and water in a small bowl, mix to combine. Add cornstarch mixture and chicken back to pot and cook on saute for 2-3 minutes until thickened.