

Chicken - Pressure Cooker

Fall-Off-The-Bone

(in 30 Minutes!)

Prep time 10 mins

Cook time 35 mins

Total time 45 mins

Serves: 10

Ingredients

- 1 whole - 4lb. organic chicken
- 1 Tbsp. **Organic Virgin Coconut Oil**
- 1 tsp. paprika
- 1½ cups Pacific Organic Bone Broth (Chicken)
- 1 tsp. dried thyme
- ¼ tsp. freshly ground black pepper
- 2 Tbsp. lemon juice
- ½ tsp. sea salt
- 6 cloves garlic, peeled



Instructions

1. In a small bowl, combine paprika, thyme, salt, and pepper. Rub seasoning over outside of bird.
2. Heat oil in the pressure cooker to shimmering. Add chicken, breast side down and cook 6-7 minutes.
3. Flip the chicken and add broth, lemon juice and garlic cloves.
4. Lock pressure cooker lid and set for 25 minutes on high.
5. Let the pressure cooker release naturally.
6. Remove from pressure cooker and let stand for 5 minutes before carving.