



Creamy Instant Pot Chicken Alfredo (Frozen Chicken)

Servings: 6-8 | Prep Time: 10 Min.
Pressure Cook Time: 12 Min. | Natural Release 5 Min.

Ingredients:

- 2 lbs. frozen boneless, skinless chicken breasts
- 16 oz penne pasta (dry)
- 4 cups chicken broth
- 3 Tbsp butter
- 4 cloves garlic, minced
- 1 tsp Italian seasoning
- ½ tsp black pepper
- ½ tsp salt (adjust to taste)
- 1 - 16 oz. jar Alfredo sauce

Homemade Alfredo Sauce:

- 1 cup half and half
- 1 cube of butter (cut into four pieces and rolled in flour)
- 1 cup freshly grated Parmesan cheese
- Salt and pepper to taste



Instant Pot Instructions:

1. Add the frozen chicken to the Instant Pot.
2. Pour in the chicken broth.
3. Add the butter, garlic, Italian seasoning, salt, and pepper.
4. Pour the dry penne pasta on top. Don't stir.
5. Pressure Cook on High for 12 minutes.
6. Allow a 5-minute natural release, then quick release the remaining pressure.
7. Remove the chicken and shred or dice it.
8. Return the chicken to the pot, pour the Alfredo sauce (canned or homemade) over the pasta and chicken, and mix everything together.

Homemade Alfredo Sauce Instructions:

1. Warm the half and half slowly on medium heat.
2. Add one cube of butter until it melts continue until all four cubes of butter are melted.
3. Add a little bit of salt and pepper to taste.
4. And the parmesan and stir until it melts.
5. Pour the Alfredo sauce over the chicken and pasta mixture



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