

What to do with a chicken glut?

One of my favorite things to do to open up freezer space and get ahead on meals is cook a bird whole usually in the crock-pot or my new favorite the instant-pot.

Slow cook method –

Thaw whole chicken, in the morning before I head out I put it in the crock-pot fill about $\frac{3}{4}$ with water, salt and pepper to taste (you can also add onions, garlic, parsley) and let it cook all day. When I come in I take the chicken out and begin to shred it. Do your best to get all the meat possible. I then strain the broth that is left; I will either freeze that or put it in the fridge for meals later in the week. The shredded chicken is then put in a Ziploc bag or container and kept handy in the freezer for quick meals later on. I like to use this precooked shredded chicken for soups, casseroles, tacos, noodles whatever! Some folks like to cook the bones and leftover parts again, adding more herbs and spices to really get all the gelatin out for a deeper broth/stock depending on your preference. You can easily get 3-5 meals depending on what you make and how many you are feeding by doing this.

Instant Pot –

Now that I have my instant pot I have been known to put the chicken in still frozen and pressure cooking for 50 min, still filling about $\frac{3}{4}$ full of water, salt and pepper to taste (you can also add onions, garlic, parsley) and let it cook it will hold the food at a safe temp once cooked or you can set the delay. When I come in I take the chicken out and begin to shred it. Do your best to get all the meat possible. I then strain the broth that is left; I will either freeze that or put it in the fridge for meals later in the week. The shredded chicken is then put in a Ziploc bag or container and kept handy in the freezer for quick meals later on. I like to use this precooked shredded chicken for soups, casseroles, tacos, noodles whatever! You can easily get 3-5 meals depending on what you make and how many you are feeding by doing this.