DON'T BE BLUE-BERRY BBQ SAUCE WITH CHICKEN

Makes 4 cups
Prep 5 minutes
Cook 15 minutes
Serves 4
Serving size 1 cup

¾ cup ketchup
½ cup apple cider vinegar
½ cup light brown sugar
1 tbsp. molasses
1 tsp. chili powder
2 cups blueberries, fresh or frozen
1½ lbs./680 g boneless, skinless chicken breasts

1. In base of Microwave Pressure Cooker, stir together all ingredients except for the chicken.
2. Submerge chicken breasts into sauce until they are covered in liquid. Seal and microwave on high power 15 minutes.
3. Let pressure release naturally, until pressure indicator is fully lowered, before opening, about 10 minutes.
4. Remove chicken breasts and shred using two forks. Stir sauce and allow to cool slightly to thicken. Stir shredded chicken back into sauce to coat and serve.

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