



greystone  
CHIROPRACTIC

## INSTANT POT TURKEY BREAST

4 -7 lb	Turkey Breast (Fresh or Frozen)
2 – 3 TBLS	Butter
1	Onion
2 stalks	Celery
1 – 2 cups	Baby Carrots
2 cups	Organic Chicken or Turkey Broth
To Taste	Garlic Powder
To Taste	Hungarian Smoked Paprika

### DIRECTIONS

1. **Prepare the Vegetables:** Cut the Onion and Celery into chunks. You don't need to cut the baby carrots.
2. **Prepare the Turkey:** Rinse turkey and pat dry. (If using a frozen turkey, thaw it in the refrigerator first.) Season the turkey with the Garlic Powder and Paprika.

Press **Saute** button. Melt the butter, the brown all sides of the turkey breast. Once the turkey breast is browned, remove it to a clean plate. Deglaze the pot by adding the chicken broth a little at a time and scraping off all the bits of stuck on goodness.

3. **Pressure Cook the Turkey Breast:** Insert the trivet and place the browned turkey breast on it, breast-side up. Then add the chopped vegetables around it. Press **Manual** and adjust the time to 30 minutes.

**NOTE:** The internal temperature of the cooked turkey should be 165 degrees.

4. **Release Pressure:** When the turkey is “done”, wait 10 minutes before releasing the pressure. Open the lid carefully.
5. **Remove the Turkey:** Remove the turkey to a clean plate and let it rest for 30 minutes before slicing.

If you want to brown and “crisp up” the skin, you can place the turkey breast under your oven's broiler. Watch it carefully because it will burn.