

Ingredients



4 oz. (125 g) pepper jack cheese (1 cup/250

Add-Ins

¼ tsp (1 mL) salt
2 garlic cloves, pressed
more for serving
2 tbsp (30 mL) Smoky Barbecue Rub, plus
½ small red onion, finely chopped
½ cup (125 mL) frozen corn kernels
½ cup (125 mL) vegetable stock
8 oz. (250 g) cream cheese
1 lb. (450 g) chicken tenderloins

Quick Cooker BBQ Chicken Dip

MOM
fueling
HUNGRY
BOYS

Instructions

- Add the dip ingredients, except the add-ins, to the Quick Cooker. Cook on CUSTOM for 6 minutes.
- Meanwhile, coarsely grate the cheese listed in the add-ins for the dip you're making.
- When the timer is up, manually release the pressure. Remove and shred the chicken, and return to the pot. Stir in the add-ins. Let the dip sit for a few minutes to thicken before serving. Place in a insulated serving bowl and sprinkle with additional rub.

