

# DINNER IN AN INSTANT!

*Awesome recipes using an Electric Pressure Cooker!*

## Chicken & Rice

### Source:

<https://kristineskitchenblog.com/instant-pot-chicken-and-rice/>

### Nutrition Facts:

Calories: 378kcal  
Carbohydrates: 47g  
Protein: 30g  
Fat: 8g  
Saturated Fat: 2g  
Cholesterol: 64mg  
Sodium: 394mg  
Fiber: 5g  
Sugar: 5g

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### Ingredients:

- 1 tablespoon olive oil
- 1 cup chopped onion 1 small onion
- 4 medium carrots cut lengthwise and then chopped into ½-inch pieces
- 3 cloves garlic minced
- 1 ½ cups long grain brown rice uncooked, rinsed well and drained, do not substitute other types of rice
- 1 tablespoon Dijon mustard
- 2 teaspoons dried Italian seasoning
- 1 ½ teaspoons garlic powder
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 ½ cups low sodium chicken broth
- 1 pound boneless skinless chicken breasts
- 1 cup frozen peas
- fresh parsley and grated Parmesan cheese for serving, optional



### Directions:

1. Heat the olive oil in a 6 quart or larger electric pressure cooker using the sauté setting. Add the onion and carrots. Sauté, stirring, until the vegetables start to soften, about 3 minutes. Turn off the electric pressure cooker.
2. Stir in the garlic. Add the brown rice, Dijon mustard, Italian seasoning, garlic powder, salt, pepper and chicken broth. Stir well, scraping up any bits that are stuck to the bottom of the pot.
3. Make sure that all of the rice and vegetables are in the liquid, not on the sides of the pot. Place the chicken breasts on top of the rice mixture.
4. Close the lid and set the pressure valve to sealing. Pressure cook on high pressure for 20 minutes. The electric pressure cooker will take about 15 minutes to come to pressure and then the cook time will begin counting down.
5. Allow the cooker to naturally release for 10 minutes (by leaving it off after it finishes cooking).
6. Then, carefully do a quick pressure release by moving the steam release valve to the venting position. Once all of the steam has been released and the pin drops down, carefully open the electric pressure cooker lid.
7. Remove the chicken to a cutting board. Stir the peas into the electric pressure cooker, close the lid, and let sit for 5 minutes to heat the peas through.
8. Cut the chicken into bite-size pieces. Stir the chicken back into the rice mixture in the pot.
9. Serve with fresh parsley and grated Parmesan, if desired.

### Notes:

- Store leftovers in an airtight container in the refrigerator for up to 2 days or in the freezer for up to 3 months. Thaw (if frozen) and reheat to steaming hot before serving.