

Instant Pot Chicken Stew

Servings: 4

RECIPE BOX

INGREDIENTS

1 TBSP EXTRA VIRGIN OLIVE OIL
1 MEDIUM YELLOW ONION, DICED
1-1/2 TSP DRIED OREGANO
4 CLOVES GARLIC, MINCED
4 CUPS CHICKEN BONE BROTH
1-1/2 POUNDS BONELESS, SKINLESS CHICKEN BREASTS
1 CAN PETITE DICED TOMATOES
3 CUPS CHOPPED BUTTERNUT SQUASH (approx. 1 medium squash)
2/3 CUP UNCOOKED QUINOA
3/4 TSP SALT
1 CUP CHOPPED FRESH SPINACH



DIRECTIONS:

STEP 1: Using the saute function, heat oil. Add onions, oregano, garlic and chicken (uncooked and diced)

STEP 2: Saute, stirring often for about 5 minutes.

STEP 3: Add broth, tomatoes, squash, and uncooked quinoa.

STEP 4: Cook for 5 minutes on high pressure, until squash is tender and chicken is cooked through.

STEP 5: If using an Instant Pot, use the Natural Pressure Release for 2-3 minutes and then use a Quick Pressure Release.

STEP 6: Add salt and pepper, then stir in spinach until leaves are wilted. (if you are not eating right away, wait to add spinach leaves)

GF This recipe is gluten free as written.

V Use veggie broth and replace chicken with sliced zucchini.

Nutrition per Serving: Calories 430, Total Fat 11g, Carbs 37g, Protein 45g, Fiber 6g, Sugars 6g.

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