

Instant Pot Clean Eats Bowl

Servings: 4

RECIPE BOX

INGREDIENTS

2 CHICKEN BREASTS, APPROX. 12 OZ. (frozen)
1/2 CUP BROWN RICE, UNCOOKED
1/2 CUP BLACK BEANS, DRY (not soaked)
1-15 OUNCE DICED TOMATOES (read the ingredients, no added sugar)
2 TBSP MINCED GARLIC
2 TBSP CUMIN
1 TBSP ONION POWDER
2 TBSP CHILI POWDER
1-1/2 CUPS CHICKEN BONE BROTH
TOPPINGS: lettuce, cheddar cheese, avocado, pico de gallo



DIRECTIONS

STEP 1: Combine all the ingredients in the pressure cooker, lock lid and seal.

STEP 2: In manual mode cook on high pressure for 25 minutes.

STEP 3: Open lid and remove chicken. Shred. Add back into pressure cooker.

STEP 4: Enjoy about 1 cup of recipe and add toppings.

GF This recipe is gluten free as written.

V Skip chicken and add one can kidney beans.

Nutrition per Serving: Calories 178, Fat 4g, Carbs 18g, Fiber 4g, Sugars 3g, Protein 18g

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