



Instant Pot® Green Chili Chicken & Rice

This is a great one-pot dish of green chili chicken and rice with 3 different types of chile peppers - Anaheim, jalapenos and fire roasted green chile peppers, for those of you who like it spicy.

Recipe by HUSERDADDY, ©Allrecipes.com

Prep: 20 mins / Cook: 40 mins /
Total: 1 hr 5 mins / Additional: 5 mins
Servings: 4

Ingredients

- 1 tablespoon olive oil
- 2 boneless, skinless chicken breasts, cut into 1-inch pieces
- 1 tablespoon all-purpose flour
- 1 (7 ounce) can fire-roasted diced green chile peppers
- 1 (4 ounce) can diced jalapeno peppers
- 1 cup uncooked white rice
- 2/3 cup diced tomato
- 1/2 cup diced onion
- 1/2 cup diced Anaheim chile peppers
- 1/2 cup shredded Cheddar cheese
- 2 teaspoons salt, or more to taste
- 1 teaspoon seasoned salt (such as LAWRY'S®)
- 1/2 teaspoon freshly ground black pepper, or more to taste
- 2 cups chicken stock

Cook's Notes:

If you are on a gluten-free diet, use cornstarch instead of flour. For a healthier option, substitute the white rice with 1 1/2 cups precooked brown rice.

Directions

1. Turn on a multi-functional pressure cooker (such as Instant Pot®) and select Saute function. Add olive oil and chicken. Sprinkle with flour and cook until browned on all sides, about 5 minutes. Turn off Saute function. Add green chile peppers, jalapenos, rice, tomato, onion, Anaheim chile, Cheddar cheese, salt, seasoned salt, and pepper; pour in chicken stock and mix to combine.
2. Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 18 minutes. Allow 10 to 15 minutes for pressure to build.
3. Release pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove the lid. Adjust seasoning with salt and pepper.

Nutrition Facts

Per Serving: 370 calories; 10.3 g total fat; 47 mg cholesterol; 3135 mg sodium. 48.3 g carbohydrates; 20.2 g protein.