



# our favorite instant pot recipes january 2018

These are tried and true favorites from the ACMB team.  
We hope you love them, too!

## chicken and turkey

### Quick Chicken Pesto Pasta

(Serves 4-6)

#### Ingredients:

1 lb boneless, skinless chicken breasts  
2 cups uncooked, dry pasta  
8oz jarred pesto  
28oz can crushed tomatoes  
1 cup chicken broth or water  
Grated cheese for topping

#### Instructions:

1. Combine all ingredients in Instant Pot and stir to combine. Set Instant Pot to 'Manual' and set for 8 minutes. Cover and lock lid.
2. Let pressure release naturally .

## Honey Garlic Sesame Chicken

(serves 6-8)

### Ingredients:

2.5 - 3 lbs bone-in skinless chicken (any mixture of breasts, thighs and drumsticks)

1 Tbsp olive oil

½ cup honey

¼ cup blackberry or other dark berry jam

¼ cup hoisin sauce

1 Tbsp Sesame Oil

4 cloves garlic, minced

1 small onion, diced

For Garnish: Sliced green onions and sesame seeds

### Directions:

1. In a bowl, thoroughly whisk together honey, jam, hoisin, sesame oil, garlic and onion.
2. Set Instant Pot to 'Saute' and add olive oil. Once oil is hot, brown the chicken for 2-3 minutes on each side.
3. Pour in honey mixture and set Instant Pot to "Poultry", cover and lock lid.
4. After cooking and pressure has released, remove chicken, debone and shred or dice.
5. Serve chicken with sauce over rice or lettuce wraps. Top with sliced green onions and/or sesame seeds.

## Easy Chicken Masala

(serves 4-6)

### Ingredients:

1-1.5 lbs Boneless, Skinless Chicken Breasts or Chicken Thighs

1 Tbsp ghee or oil of choice

1 can chickpeas, rinsed and drained

2 cups peeled and cubed sweet potatoes

1 jar Masala sauce (like [Maya Kaimal Butter Masala](#))

1 cup frozen green peas, thawed

### Directions:

1. Set Instant Pot to 'Saute' and add ghee/oil. Once oil is hot, brown the chicken for 2-3 minutes on each side.
2. Add chickpeas, sweet potatoes and Masala sauce. Set Instant Pot to 'Poultry' and set for 6 minutes. Cover and lock lid.
3. After cooking is finished, release pressure and open the pot, keeping the Instant Pot on 'Warm'. Remove chicken and chop or shred. Add chicken back to pot and stir in peas. Keep warm until serving. *Excellent served over rice or naan bread.*

## Instant Pot Chicken Tacos

(serves 6-8)

### Ingredients:

2 lbs chicken thighs  
1 jar green salsa  
1 small onion, diced  
2 cloves garlic, minced

### For tacos:

Taco Shells/ Tortillas

Toppings: lettuce, tomatoes, avocados, cilantro

### Directions:

1. Add all ingredients to Instant Pot and pick setting for 'Poultry'. Cover and lock lid.
2. After cooking is finished, release steam and pressure and open the pot, keeping the Instant Pot on 'Warm' . Remove chicken and chop or shred. Add chicken back to pot and keep warm until serving

## Instant Pot Whole Chicken Recipe

(serves 4-6)

### Ingredients:

1 whole chicken (3-4 lbs)  
1 Tbsp coconut oil or ghee  
1 tsp dried thyme  
1 Tbsp fresh rosemary, diced  
½ tsp black pepper  
1 tsp salt  
1.5 cups water or chicken broth  
4 cloves garlic, peeled

### Directions:

1. Combine thyme, rosemary, pepper and salt in a small bowl. Rub seasoning over outside of chicken.
2. Set Instant Pot to 'Saute' and add oil/ghee. Add chicken, breast side down and cook 5 minutes. Flip the chicken over and add broth/water and garlic cloves.
3. Set Instant Pot to 'Manual' and set for 22 minutes. Cover and lock lid.
4. Let pressure release naturally.
5. Let stand a few minutes before carving.

## Creamy Chicken with Spinach and Sun Dried Tomatoes

(serves 4-6)

### Ingredients:

2 lbs boneless, skinless chicken breasts, pounded thin  
2 Tbsp olive oil  
3 cloves garlic, minced  
1 tsp dried oregano  
½ tsp dried rosemary  
1 tsp seasoned salt  
1 cup low sodium chicken broth  
¾ cup heavy cream  
½ cup parmesan cheese, freshly grated  
2 cups fresh spinach, chopped  
½ cup sun dried tomatoes, drained if using jarred

### Instructions:

1. In a large glass bowl, mix oil, garlic, oregano, rosemary and seasoned salt. Add chicken and turn a few times to well coat the chicken. Allow to marinate for 10 minutes on counter or longer in fridge.
2. Set Instant Pot to 'Saute' and, when hot, pour chicken and marinade into the cooking pot. Brown on both sides.
3. Set Instant Pot to 'Manual' and set for 3 minutes. Add chicken broth. Cover and lock lid.
4. Let pressure release carefully with quick release. Remove lid. Set Instant Pot to 'Saute' and add heavy cream and simmer for 5-6 minutes. Add shredded parmesan cheese, spinach and sundried tomatoes and simmer until spinach is wilted and cheese is melted. Excellent served over pasta.

## One Pot Chicken Burrito Bowl

(Serves 4)

### Ingredients:

2 Tbsp oil or ghee  
1 small onion, diced  
2 garlic cloves, diced  
1 lb boneless, skinless chicken thighs, cut into bite sized pieces  
1 28oz can diced tomatoes, undrained  
1 tsp cumin  
½ tsp paprika  
½ cup water

1 cup uncooked white rice, rinsed  
1 Tbsp lime juice  
2 tsp salt  
¼ tsp black pepper  
1 14.5oz can black beans, rinsed and drained

### Toppings:

Diced lettuce  
Diced fresh tomatoes  
Diced avocados  
Cheese

### Directions:

1. Set Instant Pot to 'Saute' and heat oil. Saute onion and garlic until fragrant.
2. Add chicken, tomatoes, cumin, paprika, water, rice, lime juice, salt and pepper to pot. Cover and lock lid. Set Instant Pot to 'Manual' and set for 6 minutes.
3. Let pressure release naturally. Stir in black beans.
4. Serve with desired toppings.

## Turkey and Lentil Chili

(Serves 4-6)

### Ingredients:

1 lb ground turkey  
1 Tbsp oil or ghee  
1 medium onion, diced  
2 cloves garlic, minced  
2 Tbsp tomato paste  
1.5 tsp salt  
1 cup green lentils, rinsed and sorted

2 cups water or broth  
1 8 oz can tomato sauce  
1 14.5 oz can diced tomatoes  
1 4oz can diced green chilies  
2 tsp chili powder  
1 tsp cumin  
½ tsp pepper

### Directions:

1. Set Instant Pot to 'Saute.' Heat oil and brown turkey. Add onions, garlic, tomatoe paste and salt and saute until fragrant.
2. Add all other ingredients, cover and lock lid. Set Instant Pot to 'Manual' and set for 10 minutes.
3. Let pressure release naturally.



### Beef Chili

(Serves 4-6)

#### Ingredients:

1 lb ground beef

1 bell pepper, seeded and diced

1 onion, diced

2 large carrots, chopped

4 cloves garlic, minced

1 28oz can diced tomatoes

1 14.5 oz can kidney or pinto beans, rinsed and drained

1 tsp salt

1 tsp onion powder

2 Tbsp chili powder

1 Tbsp worcestershire sauce

#### Directions:

1. Turn Instant Pot to 'Saute' and cook ground beef until browned.
2. Add remaining ingredients and mix well. Cover and lock lid. Set Instant Pot to Meat/Stew and set time to 30 minutes.
3. Serve with desired chili toppings.

### Beef Stew

(Serves 6-8)

#### Ingredients:

2 Tbsp olive oil

2 lbs beef stew meat cut into 1 inch cubes

1 onion, chopped

½ cup tomatoe puree or tomato sauce

1 Tbsp balsamic vinegar

2 cups water or beef broth

2 lbs peeled, cubed potatoes

2 cups carrots, chopped

1 cup celery, chopped

1 tsp salt

½ tsp pepper

#### Directions:

1. Set Instant Pot to 'Saute.' Add oil and brown the meat in batches, browning all sides of meat (about 2-3 minutes per batch). Set browned meat aside.
2. Add onion to Instant Pot and cook until soft and fragrant. Add browned meat and all remaining ingredients to the pot.

3. Cover and lock lid and set the Instant Pot to 'Meat/Stew' and check that it's set for 35 minutes.
4. After cooking, allow pressure to release naturally.

### Carne Guisada

(Serves 2-4)

#### Ingredients:

1 Tbsp vegetable oil  
2 lbs beef stew meat cut into 1 inch cubes  
1 Tbsp onion powder  
1 Tbsp garlic powder  
1 tsp celery salt  
1-2 tsp ground cumin

2 10 oz cans Rotel, blended until smooth with a hand blender/blender/food processor  
Salt to taste  
½ tsp pepper

#### Toppings:

sour cream  
shredded cheese  
avocado

#### Directions:

1. Set Instant Pot to 'Saute.' Add oil and brown the meat in batches, browning all sides of meat (about 2-3 minutes per batch).
2. Return browned meat and all other ingredients to pot, stirring to combine.
3. Cover and lock lid and set the Instant Pot to 'Manual' and set for 20 minutes.
5. Let pressure release carefully with quick release. Remove lid. Set Instant Pot to 'Saute', give the stew a good stir and allow sauce to thicken to your preference.
6. Serve in warm tortillas as a taco or over rice. Good topped with cheese, sour cream, avocado, etc.