

# INSTANT POT CHICKEN, FULLY



**THE COOKFUL**

*Edited by Christine Pittman and Heather McCurdy*

# Instant Pot Chicken, Fully

**It's fall. It's back to school. It's time to really get our kitchens heating up again.**

Or is it?

We say, "No!"

Instead, we're joining the Instant Pot craze and keeping our kitchens cool. We have all fallen seriously in love with the Instant Pot and want to share that love with you. So, for the next month we'll be focusing on Instant Pot Chicken recipes. All sorts of tasty things to do with chicken in your instant pot. Sounds great, right?

If you're a step behind me and wondering what an Instant Pot even is, no worries.

Ok, let's put those pots on our counters, add some chicken, and get cooking. Pressure cooking, that is!

Enjoy!

*Christine*

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# Instant Pot vs. Crock Pot: What's the Difference?

By Kevin Kessler

*Instant Pots. Slow Cookers. Are they really that different? And do I need both? We've got the answers for you to make that decision easier.*

Everyone everywhere is talking about the Instant Pot. It's very much the modern fad in cooking. And frankly, there's a lot to love about it. But in my research, I've found a lot of questions raised over the similarities and differences between the Instant Pot and the internet's former darling piece of cookware, the Crock Pot (or any slow cooker, really).

It seems as though a lot of people are under the impression that an Instant Pot is just a slow cooker under a different name. That's far from the truth. Instant Pots and slow cookers are wildly different from one another – as much so as a microwave and an oven.

But what are the major differences? And which one should you buy, given your cooking preferences? Those are questions that I'm going to answer throughout this article, giving you an in-depth look at the function and features of both products. Compare and contrast them for yourselves and decide which of these very different appliances will work better in your home.

## COOKING TIME

While Instant Pots and Crock Pots look similar, they are incredibly different, and that difference begins with cooking times.

A Crock Pot is a slow cooker. That's more descriptive than anything else so from here on out we're going to reference slow cookers in general. A slow cooker cooks food slowly at a low temperature over a period of 4, 8 or even 12 hours on average. They're designed to operate on their own, with no stove or oven needed.

A slow cooker will trap heat. By simmering ingredients in their own juices, a slow cooker can produce a deeper and richer flavor than conventional cooking methods. The longer you cook, the more savory and tender your meal becomes.

Instant Pots get their name from their extremely short cooking time. A typical Instant Pot meal is ready in less than an hour. Instant Pots do have a slow cooker feature and can cook slowly over low temperatures, but the Instant Pot is most often used as an electric pressure cooker.

# Instant Pot vs. Crock Pot: What's the Difference?

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That's its main cool trick. It heats liquid under pressure, which cooks food faster. Much faster. Because the lid is airtight, the interior of the pot heats up quickly. Hot air expands and the liquid within the pot turns into steam.

## COOKING TEMPERATURE

It stands to reason that, since Instant Pots cook faster than slow cookers, they must have a greater internal temperature. And this is one of those times when reasonable thought wins the day.

The temperature within an Instant Pot is much, much higher than that of a slow cooker. Your typical slow cooker will reach internal temperatures between 175 and 200 degrees Fahrenheit.

An Instant Pot's highest temperature can reach between 239 and 244 degrees Fahrenheit. The boiling temperature for water is 212 degrees Fahrenheit, so you're not going to get any kind of boil from a slow cooker. However, boiling ingredients at 244 degrees moves the cooking process along, accounting for Instant Pot's lightning fast cooking times.

## HARDWARE

Although Instant Pots and slow cookers might look similar on the outside, they vary a lot once opened up. The interior hardware of an Instant Pot is far more complicated than its distant ancestor the slow cooker.

For starters, an Instant Pot has an insulated housing, which is not found in a slow cooker. The insulated housing makes the Instant Pot far more energy efficient.

The fact that an Instant Pot's lid seals into an airtight chamber is another huge hardware difference. A slow cooker allows a very small amount of heat to filter out through the lid, but the bulk of the heat remains trapped inside. That's why it's never a great idea to open the lid of your slow cooker while it's working. Once that lid comes off, you're undoing some of its good work. Instant Pots, however, keep every last bit of air and heat trapped inside. That helps boost its internal temperature and contributes to an Instant Pot's lightning fast cooking speed.

## CHOOSE YOUR SIDE

Now that you know the key differences between them, are you a fan of the Instant Pot, or do you prefer the slower more methodical approach of the slow cooker? What are your favorite recipes for each?

# Should You Use Your Instant Pot as a Slow Cooker?

By Kevin Kessler

*I know I can use my Instant Pot as a slow cooker, but should I? We're giving you the scoop about if it's all it's cracked up to be.*

I think before jumping into the question in the headline of this article, we have to answer a different one first. Can you use your Instant Pot as a slow cooker? Absolutely. In fact, it's one of the appliance's purposes. The Instant Pot is most often used as an electric pressure cooker but yes, it also has a slow cooker setting.

Should you use it? Ah, that's another question altogether.

An Instant Pot is great at cooking things fast. That's because it's intended to be used as an electric pressure cooker. It does amazingly well in this regard. You can drop all your ingredients inside and have a ready-to-eat meal in under an hour.

A slow cooker takes a longer approach to cooking, often taking between 4 and 12 hours to complete a meal. The longer you cook in a slow cooker, the more tender and flavorful your food. So, in theory, the Instant Pot's ability to serve as both a slow cooker and an electric pressure cooker should make it a one stop shop for all your cooking needs, right?

Not so much...

## CONFUSING SETTINGS

First off, an Instant Pot has different settings than a traditional slow cooker. Most slow cookers have three settings – Low, High and Warm. Cooking on low obviously takes the longest, but your patience is rewarded with tender flavorful dishes. The high setting will cook most meals within four hours, and warm is a great setting for when your food is finished cooking to keep it at a reasonable temperature.

The Instant Pot's slow cooker function also has three settings. They are Less, Normal and More. Many cooks following slow cooker recipes might see that they call for a "low" setting and place their Instant Pot on "less." But that would lead to a frustrating experience eight hours later when you return to your Instant Pot to find your meal completely uncooked.

# Should You Use Your Instant Pot as a Slow Cooker?

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In fact, Instant Pot's less setting is not nearly as powerful as a slow cooker's low setting. You're mostly getting temperatures of 180 to 190 degrees Fahrenheit. That's too hot to warm your meal, but also not warm enough to cook efficiently. Normal ups the ante to somewhere between 190 and 200 degrees, while "more" clocks in at up to 210.

## DIFFERENT HEAT SOURCES

To understand why the Instant Pot fails as a slow cooker, you need to understand how heat is generated in both these appliances.

A slow cooker heats from the bottom. That heat spreads up the sides so the heavy ceramic bowl of the slow cooker will soak it all up and heat all over.

An Instant Pot also derives its heat from the bottom, but the thin metal pot that it uses does not have the same heating effect as that of a slow cooker. The heat that is used to cook in an Instant Pot comes from steam that is pressurized and trapped in the pot. This works well at high temperatures to cook complex meals within an hour. But for slow cooking it is incredibly problematic.

Instant Pot states that you need somewhere between 1.5 and 2 cups of water (or other liquid like broth) in the pot for the slow cooker function to work. This is fine for soups and other liquid-based recipes, but what about thicker foods that don't require such a large amount of liquid?

## IN CONCLUSION

They say it's better to be great at one thing than it is to be mediocre at many things. The Instant Pot is an amazing electric pressure cooker, but it was not designed to be a slow cooker and is nowhere near as efficient as a Crock Pot when it comes to playing the long game.

An Instant Pot trying to be a slow cooker is like Michael Jordan playing baseball. It's something no one wanted to see, and it was just kinda sad at times. Stick to fast efficient recipes with the Instant Pot and don't throw out your slow cooker just yet.



# How to Cook Chicken Breasts in the Instant Pot

*By Kelly Nardo*

Sure, you can premake chicken breast in your slow cooker, but cooking chicken breast in an Instant Pot is one of my favorite ways to make it. Just check out the difference in an Instant Pot vs. Slow Cooker to see why. Hint: It's so quick!!!

I make a batch each week to have on hand for easy meals. We use it for toppings on salads, for taco night, a quick protein option for lunches and dinner, making chicken salad and more.

Not only is it cheap for a family (or a fiancé that eats a lot like mine), but it couldn't be easier to make in the Instant Pot. To make Instant Pot chicken, all you need is a couple pounds of chicken breast, water and your seasonings of choice.

You can use fresh or frozen chicken breasts – it really doesn't matter. When using frozen chicken breasts, you do need to make sure they are individually frozen and not frozen

# How to Cook Chicken Breasts in the Instant Pot

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together in one big chunk. A big chunk of chicken will not cook evenly. But if they're individual pieces, just pop them right in there as instructed. The cooking time is slightly longer for frozen.

To cook the chicken breasts, add about one cup of water to your Instant Pot insert. Add chicken, season with seasonings of choice, seal up the pressure cooker, set it for 10 minutes for fresh chicken breasts and 12 minutes for frozen chicken breasts. Then let it do its thing.

**Yield:** 8-10 servings

**Prep Time:** 1 minute

**Cook Time:** 22 minutes

**Total Time:** 23 minutes

**Ingredients:**

1 cup water

2 - 2 and 1/2 lbs. boneless  
skinless chicken breasts,  
fresh or frozen

salt and pepper, to taste (or  
seasonings of choice)

1. Pour water into the insert of your Instant Pot.
2. Add chicken breasts and sprinkle them with seasonings.
3. Close the lid and make sure it is locked and the valve is set to sealed.
4. Select 'Poultry' then select 10 minutes for fresh chicken breast or 12 minutes for frozen chicken breasts.
5. Once the chicken has completed the cook cycle, let the pressure release naturally for 10-15 minutes. Then turn the valve to venting.
6. When the pressure button is lowered, open the lid and remove chicken breasts. Save liquid to use as broth or stock, if desired.



# How to Cook Chicken Thighs in the Instant Pot

By Christine Pittman

*Chicken thighs with or without bone, with or without skin, fresh or frozen – get the times needed to cook chicken thighs of any type in the Instant Pot. This is a great technique for when chicken thighs are on sale and you're doing meal prep for the week.*

I really love chicken thigh meat. I find it much juicier and more flavorful than chicken breast. So when it's on sale at my grocery store, I load up on it.

My new favorite way to cook chicken thighs, especially if I'm doing food prep for the week, is to put it all into the Instant Pot. It comes out really juicy and tender and full of flavor. I mean it. If I put half an onion and some garlic cloves into the Instant Pot with that chicken, the meat seems to get penetrated by that flavor. Probably due to the high pressure of the Instant Pot cooking method.

# How to Cook Chicken Thighs in the Instant Pot

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What you're going to do is to season up your chicken thighs with salt and pepper and anything else you'd like.

Then put some water into the bottom of your Instant Pot insert. 1 cup is enough. I often put 2-4 cups because that water ends up deliciously flavored and I use it as stock or broth during the week. Note that if you use more water, the time the Instant Pot takes to get pressurized will increase. You still set your Instant Pot for the same number of minutes, all that changes is what the Instant Pot does, not what you do.

Optionally add half an onion and a couple of garlic cloves to the water. Celery and carrots work too. Put the trivet or a steamer basket on top of the water/veggies.

Put the thighs on top of the trivet. Seal the Instant Pot and set the valve to sealed. Set the Instant Pot to pressure cook on high for the time indicated below. Once it's done, let it do a natural release for 5 minutes before turning the valve to vent.

Note: You can use any kind of chicken thighs in the Instant Pot. Times are given for different types below.

## HERE ARE THE COOKING TIMES FOR CHICKEN THIGHS IN THE INSTANT POT:

Bone-in skin-on thighs are great. You'll be setting the Instant Pot to pressure cook for 10 minutes with about 6-8 thighs in there. Note that you should remove the skin before serving. It will be limp.

- Bone-in skinless thighs are also going to go for 10 minutes for 8 thighs.
- Boneless skinless thighs only need 8 minutes for 8-10 thighs.
- Frozen thighs of any kind: Freeze them individually, not in a big clump. Do everything as instructed but use your frozen thighs. For 8 frozen thighs of any type, go with 12 minutes.

# How to Cook Chicken Thighs in the Instant Pot

*Continued from previous page*

**Yield:** 6 servings

**Prep Time:** 2 minutes

**Cook Time:** 22 minutes

**Total Time:** 24 minutes

## Ingredients:

6-8 chicken thighs, fresh  
thighs or individually frozen  
thighs, with or without  
bone, with or without skin

Salt and Pepper

water

1/2 small onion (optional)

2 cloves peeled garlic  
(optional)

1. Season thighs liberally with salt and pepper.
2. Measure 1-4 cups water into the bottom of your Instant Pot insert.\*
3. Add onion and garlic to Instant Pot, if using.
4. Put the trivet or a steamer basket on top of the water/veggies. Put the thighs on top of the trivet.
5. Seal the Instant Pot and set the valve to sealed. Set the Instant Pot to pressure cook on high for the following times:
  - Bone-in skin-on thighs: 10 minutes
  - Bone in skinless thighs: 10 minutes
  - Boneless skinless thighs: 8 minutes
6. Frozen thighs of any kind: 12 minutes.
7. Once the pressure cooker has counted down, let it do a natural release for 5 minutes before turning the valve to vent.
8. Once the pressure button moves down, remove lid. Remove chicken thighs. Strain liquid if desired for use as a stock.

*\*1 cup is the minimum amount of water you can use. Only use more water if you'd like some chicken stock left over after the chicken is finished cooking.*



# How to Cook a Whole Chicken in The Instant Pot

By Tawnie Kroll

*It's true! You can totally cook a whole chicken in the Instant Pot. Here's how.*

Instant Pot recipes can be intimidating for some, but once you face your fear, you'll find out just how easy it is to use. I just know that once you learn how to cook a whole chicken in your Instant Pot you won't want to do it any other way. Before you know it you'll be cooking chicken breast in it too. So handy for premaking protein, and for getting dinner on the table in record time.

So, how does it work? First, remove the innards from your chicken and stuff the cavity with an onion. This will help prevent the chicken from collapsing in the pressure cooker. Take your prepared seasoning and rub generously all over the chicken. Then pour the water in the Instant Pot (with trivet inside) and place your chicken in the pot. Garnish with the sliced lemon and fresh rosemary. When placing the lid on the Instant Pot be sure the valve is turned to

# How to Cook a Whole Chicken in The Instant Pot

*Continued from previous page*

sealing.

Cook your chicken 6 minutes per pound. (Example, my chicken was 4.5 pounds so it cooked for 27 minutes.) Then let the pressure naturally release for at least another 10 minutes to achieve a perfectly cooked chicken. It's tender, moist and delicious. The chicken is juicy and flavorful and pressure cooking it really helps to retain all the flavor.

Just like that, dinner is served and your family is enjoying their favorite meal with so much less work.

A Tip: If you'd like crispy skin, remove chicken from Instant Pot, brush with oil and place under the broiler until browned, 2-4 minutes.

A Second Tip: Don't throw away the water at the bottom of the Instant Pot. Use it as a stock or turn it into gravy right in your Instant Pot by following these instructions.

**Yield:** 8-10 servings

**Prep Time:** 5 minutes

**Cook Time:** 25-30 minutes

**Total Time:** 50 minutes

**Ingredients:**

1 cup water

1 whole chicken (innards removed)

1 lemon, sliced

1 red onion, cut in half

3 sprigs fresh rosemary

Seasoning for chicken

1 Tbsp. garlic powder

1 Tbsp. onion powder

2 tsp. pepper

1 and 1/2 tsp. salt

1 and 1/2 tsp. paprika

1 tsp. thyme

1/4 tsp. cayenne

1. Put the trivet in the bottom of your Instant Pot insert and pour 1 cup water into the pot. To maintain the chicken's form while cooking, stuff the cut onion in the cavity of the chicken.
2. Mix the chicken seasoning ingredients together then rub the seasoning all over the chicken. Next, place the lemon slices and rosemary around and on top of the chicken. Place the lid on and be sure the valve is on sealed. Cook on HIGH pressure for 6 minutes per pound of chicken (mine took 27 minutes). Once it has cooked, let the pressure naturally release for 15 minutes. Then, turn valve to venting and remove lid. Always temperature check poultry. (Should be 165 degrees F or above.)



# Instant Pot Chicken Noodle Soup

By Lauren Keating

*Made-from-scratch chicken soup has never been so easy. Instant Pot Homemade Chicken Noodle Soup is the recipe that made me fall in love with my Instant Pot.*

No matter how many times I make it in my Instant Pot, I'm always impressed by how simple vegetables, chicken (I use drumsticks or thighs because I'm all about that dark meat flavor) and water transform into a flavorful soup in under an hour. It has that classic simmered-all-day flavor without the time commitment – definitely a win in my book because who has time to sit around while soup simmers on the stove all day?

Once I've made my chicken and vegetable base, I use the Instant Pot's simmer function to bring the soup to a boil, then pop the noodles right in. It only takes a few minutes for them to cook right in the broth.

Tip: Since you're using water instead of broth in this recipe, be sure to use a heavier hand than

# Instant Pot Chicken Noodle Soup

*Continued from previous page*

normal when you add salt – it will help develop the flavor of the soup and keep it from tasting flat.

Tip 2: If you want to add a burst of fresh flavor, finish your soup with a little lemon juice, fresh parsley and dill.

**Yield:** 8 servings

**Prep Time:** 10 minutes

**Cook Time:** 1 hour, 10 minutes

**Total Time:** 1 hour, 20 minutes

## **Ingredients:**

1 Tbsp. olive oil  
4 carrots, cut into rounds  
4 celery stalks, chopped  
1 medium onion, chopped  
4 garlic cloves, minced  
2 lbs. bone-in chicken thighs  
or drumsticks  
8 cups water  
2 bay leaves  
1 Tbsp. dried parsley  
2 tsp. salt  
1/4 black pepper  
6 oz. egg noodles

1. Turn your Instant Pot on to the sauté setting. Add the oil. When the oil is hot, add the carrots, celery, onion and garlic. Cook 4-5 minutes, stirring frequently, until the vegetables begin to soften but do not turn brown.
2. Add the chicken, water, bay leaves, dried parsley, 1 teaspoon salt and pepper. Close the lid tightly and make sure the vent is sealed.
3. Start the soup function or set it to pressure cook on high for 30 minutes.
4. When the cycle has completed, let the pressure release naturally and then remove the lid.
5. Remove the chicken from the pot and discard the skin and bones. Return the chicken to the pot. Taste broth. Add more salt if desired.
6. Switch the pot back to the sauté setting and bring the soup to a boil. Add the noodles and cook stirring occasionally until softened, 6-8 minutes.



# Instant Pot Chicken Cacciatore

By Brittany Poulson

*Chicken Cacciatore is one of those iconic dishes that has to simmer for hours to really infuse those flavors well. No more! The Instant Pot melds those flavors together in no time. You gotta have this one in your meal rotation.*

While cooking chicken breast in the Instant Pot will always be my go-to for busy weeknight meals, I do love a good cacciatore. Cacciatore is a classic Italian dish full of produce such as onions, tomatoes, bell peppers, garlic and herbs and is often prepared with rabbit or chicken.

In Italian, cacciatore means “hunter”. This simple yet flavorful dish is believed to have been brought about by hungry hunters who were out hunting for days at a time and needed a delicious, filling stew that was easy to prepare and cook outdoors to keep up their stamina.

This dish is already quite simple to prepare, but cooking it in the Instant Pot makes it even easier.

It’s traditional to use dark meat in chicken cacciatore, rather than white meat, as it contains

# Instant Pot Chicken Cacciatore

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more fat, which makes a thicker, more flavorful sauce. We use boneless, skinless chicken thighs in our recipe, making it easy to prepare while still maximizing flavor. We also take advantage of the sauté function on the Instant Pot to brown the chicken and sauté the vegetables and garlic before throwing it all together and putting the lid on.

When the Instant Pot is done cooking, we recommend a natural release of pressure, which helps prevent the chicken from drying up and results in a more tender and juicy product. You can serve this Instant Pot Chicken Cacciatore as-is for a simple, yet delicious soup (BONUS: it's low carbohydrate and gluten-free) or you can bulk it up by serving over cooked rice, with pasta, or over mashed potatoes.

This recipe tastes great any way you serve it, keeps well stored in the fridge, and makes us love the Instant Pot even more. Plus, your family is going to love it. That's a win all on its own.

# Instant Pot Chicken Cacciatore

*Continued from previous page*

**Yield:** 6 servings

**Prep Time:** 10 minutes

**Cook Time:** 25 minutes + time to build pressure

**Total Time:** 50 minutes

## Ingredients:

2 Tbsp. extra virgin olive oil  
1 and 1/2 lbs. boneless, skinless chicken thighs  
1 small onion, thinly sliced  
1/2 medium green bell pepper, sliced  
1/2 medium red bell pepper, sliced  
4 oz. sliced mushrooms  
3 cloves garlic, minced  
1/4 cup red wine vinegar (or red wine)  
3/4 cup chicken stock or broth  
1 (15 oz) can crushed tomatoes  
1 tsp. minced fresh basil (or 1/2 tsp. dried)  
1 tsp. minced fresh oregano (or 1/2 tsp. dried)  
1/2 tsp. salt  
1/4 tsp. ground black pepper

1. Pour the olive oil in the Instant Pot and turn on sauté mode. When the oil is hot add the chicken and brown on both sides, about 3-4 minutes total. Remove from the pot and set aside.
2. Add the onion, bell pepper and mushrooms (plus extra olive oil, if needed to prevent burning) and sauté for 2-3 minutes. Add in the minced garlic and continue sautéing an additional 30-60 seconds. Turn off the sauté function.
3. Return the chicken to the pot along with the red wine vinegar, chicken stock, crushed tomatoes, basil, oregano, salt and pepper. Stir well to combine.
4. Secure the lid. Make sure it's set to Sealing. Set to pressure cook on high for 8 minutes. When the timer is done, allow for a natural release of pressure.
5. Once pressure is completely released, remove the lid and stir the cacciatore. Let it sit for 10 minutes to allow the sauce to thicken. Serve as-is or over rice, pasta or mashed potatoes.



# Instant Pot Chicken Parmesan

By Tawnie Kroll

*This Instant Pot Chicken Parmesan makes melt-in-your-mouth tender chicken and you'll only have ONE pot to clean. What's not to love?!*

This meal is an easy weeknight dinner and a great way to make the most out of your Instant Pot. You can use the sauté feature to brown the chicken, then switch right on over to pressure cooking all in the same pot. This ensures you don't lose any of the little browned bits in the bottom of the pan that add so much flavor.

When breading the chicken for this recipe, no eggs are required. Find a good quality olive oil and dredge your chicken in the olive oil, then in the breadcrumb mixture. First you'll use the sauté function to brown the chicken on each side and then switch to a manual setting with the lid on to complete the cooking process.

My biggest tip when using the Instant Pot is: don't fear it. The steps are easier than you might think and the machine isn't hard to use once you use it a couple times. Allowing the pressure

# Instant Pot Chicken Parmesan

*Continued from previous page*

to naturally release once the 15 minutes is done is a key step. You'll want it to naturally release for at least 10 minutes so the chicken doesn't get tough.

Timing this step is super easy because once the food is done cooking the timer starts counting up instead of down. Then you can switch the valve to venting. Once the pressure is released, remove the lid and place the cheese on top to let it melt.

**Yield:** 6-8 servings

**Prep Time:** 15 minutes

**Cook Time:** 25-30 minutes +  
time to come to pressure

**Total Time:** 1 hour

## Ingredients:

1/2 cup Italian panko  
breadcrumbs

2 oz. parmesan cheese,  
grated

1/3 cup all-purpose flour

1/2 tsp. salt

1/2 tsp. pepper

1/3 cup + 2 Tbsp. extra virgin  
olive oil

6-8 chicken thighs

1 (24 oz.) jar tomato sauce

6 oz. mozzarella cheese,  
shredded

1. In a medium size bowl, mix the breadcrumbs, Parmesan cheese, flour, salt and pepper together. Pour 1/3 cup olive oil in a separate bowl. Take the chicken thigh and dunk both sides into the olive oil and then coat in the dry mixture. Place on plate and repeat with all chicken thighs.
2. Place 2 tablespoons oil in the Instant Pot and turn it on sauté mode. Then, sauté prepared chicken thighs on each side for 2 minutes or until lightly browned. Pour in tomato sauce and place lid on pressure cooker. Set to pressure cook on high for 15 minutes. Be sure valve on Instant Pot is turned to sealed.
3. When the pressure cooking cycle is completed, let the pressure naturally release for at least 10 minutes. Then turn valve to venting.
4. Once pressure is fully released, remove lid and add the mozzarella on top. Put lid back on for 1-2 minutes to let it melt. Then, check the internal temperature of chicken using an instant read thermometer. It should be at least 165°F. Top with additional cheese and serve with pasta is desired.



# Instant Pot Honey Bourbon Chicken

By Lauren Keating

*Hold up! There's no way you can make Honey Bourbon Chicken like at the mall food court at home, is there? You bet! Thanks to the Instant Pot. Done.*

If you've ever walked through a mall food court, you're probably familiar with the sticky-sweet dish that's Honey Bourbon Chicken. It's a Cajun spin on Chinese chicken and it's totally addictive. Well, now we're adding it to this awesome list of Chicken Instant Pot recipes you just have to try.

The recipe gets its name from where it was originally created – Bourbon Street in New Orleans. If you ask two people if Bourbon Chicken actually contains bourbon, you'll likely get two different answers. Since I subscribe to the motto “more is more”, I usually include it, but this recipe is just as delicious without it.

Some people also swap it out for vanilla – the deep musky flavor goes surprisingly well in savory recipes.

# Instant Pot Honey Bourbon Chicken

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Honey Bourbon Chicken is incredibly easy to make at home – especially with an Instant Pot. Cooking Bourbon Chicken under pressure infuses every single bite with sweet barbecue-like glaze made from soy sauce, ketchup and honey. You don't even need to marinate the chicken ahead of time.

**Yield:** 6 servings

**Prep Time:** 10 minutes

**Cook Time:** 1 hour

**Total Time:** 1 hour, 10 minutes

## **Ingredients:**

2 lb. boneless, skinless  
chicken thighs, cut into  
bite-size pieces  
1/2 tsp. salt  
1/4 tsp. pepper  
1 small onion, diced  
1/2 cup soy sauce  
1/2 cup honey  
1/4 cup ketchup  
2 garlic cloves, minced  
1 teaspoon ginger, minced  
1/2 teaspoon crushed red  
peppers  
2 Tbsp. bourbon (optional)  
2 Tbsp. cornstarch  
1 Tbsp. water  
2 scallions, sliced  
1 Tbsp. sesame seeds  
White rice, for serving

1. Season the chicken with salt and pepper. Add the chicken, onion, soy sauce, honey, ketchup, garlic, ginger, red peppers and bourbon to your Instant Pot. Close the lid and set the vent to sealing. Set for high pressure for 10 minutes.
2. When the cycle is completed, allow pressure to naturally release the pressure for 5 minutes, then quick release the remaining pressure by switching the valve to venting.
3. Once the pressure is fully released, remove the lid and set the pot to the sauté function. In a small bowl, mix together the cornstarch and water until smooth. Stir into pot.
4. Simmer the bourbon chicken until sauce thickens, about 5 minutes. Top with scallions and sesame seeds. Serve with white rice.



# Instant Pot Orange Chicken

By Brittany Poulson

*Making the decision to skip takeout and make a fake out is even easier with the Instant Pot. You won't believe how easy it is to make Instant Pot Orange Chicken.*

I love good Chinese takeout as much as the next person, but sometimes I just want my favorite Chinese dishes to taste like a home cooked meal. With the Instant Pot, making a takeout fake out is easier than ever. Our favorite meals, like Chicken Parmesan or Honey Bourbon Chicken, that previously took forever to cook, are now quick and easy to make.

This Instant Pot Orange Chicken recipe is no exception. It's flavorful, delicious and easy. Unlike most orange chicken you find in Chinese restaurants, I didn't bread the chicken because it would be too mushy after cooking in a pressure cooker. This recipe starts by browning the chicken breast pieces on sauté mode, then you whisk together and add in the sauce. After cooking, I found that allowing a natural release of pressure helps keep the chicken tender and juicy.

# Instant Pot Orange Chicken

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As for the sauce, it works best to thicken it after cooking to prevent it from clumping under the high pressure. Sautéing the sauce with a mixture of orange juice and cornstarch, then letting it set for a few minutes before serving does the job nicely and adds in some extra flavor as well.

You can adjust the spiciness of the recipe by adding in more or less red pepper flakes, or even adding in a dash of sriracha sauce or cayenne pepper if you're really feeling spicy. I kept this recipe on the mild side but feel free to turn up the heat if you want. Whether your taste preferences are spicy or mild, one bite and you'll agree this homemade Instant Pot Orange Chicken recipe is just as good (or better!) than takeout.

# Instant Pot Orange Chicken

*Continued from previous page*

**Yield:** 6 servings

**Prep Time:** 5 minutes

**Cook Time:** 25 minutes + time to build pressure

**Total Time:** 30+ minutes

## **Ingredients:**

*For the chicken:*

2 Tbsp. extra virgin olive oil  
2 lbs. boneless, skinless chicken breasts, cubed into 1 and 1/2" pieces

*For the Sauce:*

1 cup + 3 Tbsp. orange juice, divided  
1/3 cup brown sugar  
1/4 cup low sodium soy sauce  
1/4 cup tomato sauce  
1 Tbsp. rice wine vinegar  
2 cloves garlic, minced  
2 Tbsp. fresh orange zest  
1 Tbsp. fresh grated ginger  
1/4 tsp. crushed red pepper flakes, or more depending on taste (optional)  
2 Tbsp. cornstarch

*For Garnish (optional):*

2 whole green onions, diced  
1 Tbsp. sesame seeds

1. Turn the Instant Pot on the sauté function and add the olive oil. Once hot, add the cubed chicken and cook until browned, about 4-5 minutes, stirring frequently so it doesn't stick to the bottom. Turn off sauté mode.
2. In a medium bowl, whisk 1 cup of the orange juice, the brown sugar, soy sauce, tomato sauce, rice wine vinegar, garlic, orange zest, ginger and red pepper flakes (if using). Add the sauce mixture to the Instant Pot and stir together with the chicken.
3. Secure the lid on the pressure cooker and set it to manual high for 5 minutes. When the timer is done, allow a natural release for 10 minutes.
4. Meanwhile, in a small bowl whisk together the remaining 3 tablespoons of orange juice and the cornstarch until there are no lumps.
5. When the 10 minutes is up, turn the steam valve to open to release any extra pressure. Remove the lid and turn the pressure cooker back to sauté mode. Add the orange juice/cornstarch mixture and stir until the sauce is thickened. When sauce reaches desired thickness, turn off the Instant Pot and allow to sit for 5-6 minutes before serving.
6. Add garnish of diced green onions and sesame seeds, if desired. Serve over cooked rice or noodles.



# Instant Pot Southwestern Chicken and Rice Bowls

By Kelly Nardo

*We're giving this classic dish a flavor twist and making it in a snap. Instant Pot Southwestern Chicken and Rice is sure to be a family favorite.*

Southwestern Chicken and Rice is the ultimate one pot meal. Everything gets thrown into the Instant Pot and dinner is ready in about 30 minutes. I can't even remember how I got dinner on the table before the magical Instant Pot was invented.

Oh yeah! I used the slow cooker all the time. I still do when I'm in the mood for one of these [slow cooker chicken dinners](#). But let's face it. Fast is the name of the game these days.

Southwestern Chicken and Rice takes all those flavors you love, like beans, corn, chili peppers, rice and chicken and seasons it all with taco seasoning. Then it all gets cooked together for an easy meal.

# Instant Pot Southwestern Chicken and Rice Bowls

*Continued from previous page*

One of my family's favorite parts of this meal is the toppings. Some of our favorites are diced tomatoes, jalapeños, salsa, cilantro and lime wedges. Sour cream, cheese and avocado are also great additions, but you can totally top with your own favorite go-tos. The kids will love being able to create their own bowl.

**Yield:** 6-8 servings

**Prep Time:** 5 minutes

**Cook Time:** 25 minutes

**Total Time:** 30 minutes

## **Ingredients:**

1 cup white jasmine rice  
1 cup frozen corn  
3/4 cup chopped onion  
1 (14 oz.) can kidney beans,  
rinsed and drained  
1 (10 oz.) can diced tomatoes  
and green chilis  
2 cups water  
1 Tbsp. taco seasoning  
1 tsp. garlic powder  
1/8 tsp. salt  
1/8 tsp. pepper  
1 pound chicken breast  
Optional toppings: sliced  
jalapeños, cherry tomatoes,  
salsa, green onions,  
cilantro, lime wedges

1. Add rice, corn, onion, beans, tomatoes and water to Instant Pot and stir to combine. Place chicken in mixture, making sure to cover some with the liquid. Sprinkle seasonings over chicken, rice and bean mixture.
2. Close lid, make sure vent is set to sealed and set to manual for 12 minutes. Once done, either release pressure manually or let it naturally release.
3. Remove chicken and shred with two forks. Place it back in the pot, stir to incorporate and serve with optional toppings if using.



## Instant Pot White Chicken Chili

By Kelly Nardo

*If you love white chicken chili but dread all the work it takes, we know you're gonna love this one. We're making it so much easier with this Instant Pot recipe. Now you can whip it up any night.*

Who has time to make chili on the stovetop anymore?! Definitely not me, but my fiancé loves a good chili, especially during the cooler months. Thank goodness for the Instant Pot because now I just throw everything in there and his favorite chili dinner is ready in about 35 minutes.

But you might be saying, “I just need to throw something in the slow cooker before I head out for the day.” Well, we've got you covered. Give this [Slow Cooker White Chicken Chili](#) a try. Either recipe you make, we know it's going to be a family favorite.

White chili is a little different from the classic chili you usually see. We use chicken instead of your typical ground beef, chicken broth instead of tomatoes, and use a northern bean instead of the heartier kidney bean. This results in a milder flavor, making it a great meal for the whole

# Instant Pot White Chicken Chili

*Continued from previous page*

family. And we know they're going to request this one often so you can thank us now that we made dinner so easy.

**Yield:** 4-6 servings

**Prep Time:** 5 minutes

**Cook Time:** 30 minutes

**Total Time:** 35 minutes

**Ingredients:**

1 Tbsp. oil

1 large onion, diced

3 cloves garlic, minced

2 (14 oz.) cans white northern beans, rinsed and drained

1 (4 oz.) can green chilis

4 cups chicken broth

1 Tbsp. chili powder

1 Tbsp. cumin

1 tsp. salt (can adapt to taste)

1/4 tsp. pepper (can adapt to taste)

1 lb. chicken breast

Optional toppings: sliced

jalapeños, green onions,

lime wedges, etc.

1. Set Instant Pot to sauté mode and add oil. Let it get hot, about 2 minutes. Add onion and garlic and sauté for about 5 minutes, stirring occasionally.
2. Turn off heat and add beans, chili peppers, spices and broth. Mix well to combine. Add chicken, making sure it is somewhat covered by the broth. Close lid, make sure vent is set to sealed and set it to manual for 12 minutes. Once done, either release pressure manually or let it naturally release.
3. Remove chicken and shred with two forks. If you like, you can set to sauté mode while you do this to evaporate some of the liquid. Place chicken back in the pot, remove from heat, stir to incorporate. Serve with optional toppings if using.

# Contributors

Many thanks to our writers for this edition of *The Cookful*.



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Christine is the Founder and Senior Editor of The Cookful. She also blogs at COOKtheSTORY where she specializes in easy healthy homemade recipes. Healthiness aside, she has been known to shred cheese onto a dinner plate, microwave it for 30 seconds, and then eat the messy goop with a spoon.



## Lauren Keating

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Lauren has been cooking for as long as she can remember and shares her recipes at [Healthy-Delicious.com](http://Healthy-Delicious.com), where she features easy weeknight meals with an emphasis on fresh, seasonal ingredients. She completed the professional plant-based cooking certification from Rouxbe cooking school and enjoys using plant-based cooking techniques to incorporate more fruits, vegetables, and grains into traditional recipes in unique ways. Food-obsessed from a young age, her first words included “cookie” and “eat meat!”



## Kevin Kessler

Kevin J. Kessler is an experienced professional writer and published author living in Orlando Florida. With a lifelong passion for food, this sandwich loving Italian boy enjoys exploring unanswered questions about the foods we all know and love so well. Kevin’s foodie lifestyle was born through his love of Walt Disney World and the Epcot International Food and Wine Festival. A lover of stories, he enjoys trying new dishes from all over the world and learning everything there is to know about where food comes from, how it’s prepared, and what variations on it exist.

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Many thanks to our writers for this edition of *The Cookful*.



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Tawnie Kroll is a California based food blogger and healthy recipe developer. She is a Registered Dietitian Nutritionist and a lover of cooking and baking! Follow her blog for recipes, healthy living tips and practical scientific evidence based advice to help you improve your health and well being.



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Kelly is the girl behind Eat the Gains, a food and fitness blog dedicated to providing wholesome and delicious recipes that fuel both workouts and everyday life. She is also a CrossFit coach and helps people with meal prep in Austin, TX. Her favorite color is orange and she has never met a vegetable she didn't like - if you know, send it her way!



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As a self-proclaimed foodie, Brittany loves to cook, bake and of course, eat! This love of food led her to become a registered dietitian and food blogger at Your Choice Nutrition, where she encourages you to live a healthy life in your unique way. For Brittany, this often includes her favorite foods, such as fresh strawberries or a square of dark chocolate!

# About The Cookful

*Do you love to geek-out over food and cooking? Then The Cookful is where you need to be.*

We cook and write about one topic at a time, diving in deep to help you cook (and eat!) better than ever. Each topic comes with how-tos, innovative recipes and a bunch of interesting tidbits so that you can learn all about it. Some topics we've covered are Margaritas, Quick Soups and Popcorn. Head over to [The Cookful](#) to find out what our next topic is and then get ready to go off the deep end with us.



**THE COOKFUL**