

Meal 2: Instant Pot Asian Chicken

Price per serving: \$2.13

Author: The Lean Green Bean

Prep time: 5 minutes

Cook time: 25 minutes

Yield: 6 servings

Ingredients:

- 1 cup sliced mushroom (optional: sub sweet potatoes)
- 1 cup chopped carrots
- 1 ½ lbs boneless, skinless chicken breasts
- 1 tbsp fresh ginger (or ginger paste)
- 3 tbsp coconut aminos or soy sauce
- 3 tsp rice wine vinegar
- 2 tbsp honey or maple syrup
- ¼ cup chicken broth
- 3 cloves garlic, minced
- ¼ cup ketchup, optional

Instructions:

1. Place chopped vegetables in the bottom of the Instant Pot.
2. Top with chicken breasts.
3. In a small bowl, combine remaining ingredients and mix well.
4. Pour sauce over chicken.
5. For the Instant Pot, use the manual button and set for 15 minutes.
6. Use quick pressure release method, shred chicken and serve.
7. You can add instant or microwave brown rice as a side.

Serving size: 1 ½ cups

Nutrition Facts

Servings 6.0

Amount Per Serving

calories 192

% Daily Value *

Total Fat 3 g **5 %**

Saturated Fat 1 g **5 %**

Monounsaturated Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 71 mg **24 %**

Sodium 476 mg **20 %**

Potassium 111 mg **3 %**

Total

Carbohydrate 24 g **8 %**

Dietary Fiber 1 g **2 %**

Sugars 9 g

Protein 25 g **50 %**

Vitamin A **156 %**

Vitamin C **2 %**

Calcium **10 %**

Iron **2 %**

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.
