

## **Meal 5: Instant Pot Chicken, Broccoli, and Quinoa with Cheese**

**Price per serving: \$1.88**

Author: Bowl of Delicious

Prep time: 5 minutes

Cook time: 20 minutes

Yields: 6 servings

### **Ingredients:**

- 1 tbsp butter
- 1 yellow onion, diced
- 2 ribs celery, diced
- 2 carrots, diced
- 2 lbs chicken breasts (cut into ½ inch pieces)
- Kosher salt, to taste
- Black pepper, to taste
- 1 cup uncooked white quinoa, rinsed
- 1.5 cups chicken stock/broth
- 3 cups small broccoli florets, frozen or fresh (about 1 medium head)
- 8 oz cheddar cheese, grated

### **Instructions**

1. Turn your Instant Pot to the saute function. Melt the butter (1 tbsp) and saute the onions, celery, and carrots for 3 minutes, or until beginning to soften.
2. Add the rinsed quinoa (1 cup), stir to coat.
3. Pour in the chicken broth (1.5 cups) and add the chicken pieces and stir to mix together well. Turn the saute function off. Cover the Instant Pot and set manual pressure to high for 5 minutes.
4. Quick release the pressure and wait for the float valve to depress.
5. Stir in the broccoli and cheese. Cover and allow to sit for 5 minutes, or until broccoli is crisp-tender and cheese has completely melted.
6. Serve.

# Nutrition Facts

Servings 6.0

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## Amount Per Serving

calories 473

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### % Daily Value \*

<b>Total Fat</b> 18 g	<b>27 %</b>
Saturated Fat 9 g	<b>43 %</b>
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
<b>Cholesterol</b> 168 mg	<b>56 %</b>
<b>Sodium</b> 668 mg	<b>28 %</b>
<b>Potassium</b> 413 mg	<b>12 %</b>
<b>Total</b>	
<b>Carbohydrate</b> 25 g	<b>8 %</b>
<b>Dietary Fiber</b> 5 g	<b>21 %</b>
<b>Sugars</b> 3 g	
<b>Protein</b> 52 g	<b>104 %</b>
Vitamin A	<b>150 %</b>
Vitamin C	<b>34 %</b>
Calcium	<b>273 %</b>
Iron	<b>14 %</b>

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\* 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.

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