

# Instant Pot Cheesy Chicken and Rice

Instant Pot cheesy chicken and rice with broccoli is a great one pot meal that kids and adults love. The ultimate comfort food for dinner.



Prep Time  
10 mins

Cook Time  
6 mins

Course: Entree, Main Course    Cuisine: American

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No ratings yet

Keyword: broccoli, cheesy, chicken and rice, ninja foodi, pressure cooker    Servings: 5

Calories: 518kcal    Author: The Typical Mom

## Equipment

- [pressure cooker](#)

## Ingredients

- 3 medium chicken breasts boneless, skinless, cut into bite size chunks
- 3/4 c [onion](#) diced
- 1 tbsp [minced garlic](#)
- 2 tbsp [olive oil](#)
- 2 c [chicken broth](#)
- 1.5 c [white rice](#) long grain variety \*brown rice (12 min)
- 1 c [broccoli](#) small fresh or frozen florets (~~microwave~~ chopped fresh broccoli 3 mins)
- 1 c [cheese](#) cheddar, shredded
- 1/2 tsp [salt](#)
- 1/4 tsp [pepper](#)

## Instructions

1. Set pot to saute and add olive oil. Add diced chicken, garlic and onions, cook until the outside of the meat is no longer pink. Then turn pot off and add a bit of broth to scrape stuck on meat off bottom of the pot (deglazing).
2. Sprinkle in salt and pepper, then pour in rest of the broth.
3. Sprinkle in uncooked long grain rice and gently submerge into liquid below. Cook on high pressure for 6 minutes, then naturally release steam for 1 minutes. \*10min NR
4. Release rest of pressure after that, lift lid and place small diced broccoli florets with shredded cheese on top. Gently fluff and fold all ingredients together.
5. Set lid on top and let it sit for 5 minutes so cheese will melt and broccoli warms enough to your liking.

## Nutrition

Serving: 2oz | Calories: 518kcal | Carbohydrates: 49g | Protein: 40g | Fat: 17g | Saturated Fat: 6g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 7g | Trans Fat: 1g | Cholesterol: 111mg | Sodium: 884mg | Potassium: 757mg | Fiber: 2g | Sugar: 2g | Vitamin A: 383IU | Vitamin C: 26mg | Calcium: 206mg | Iron: 2mg