

The Kreuzer Kitchen

instant Pot Chicken VERDE With Lentils

ingredients

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| <ul style="list-style-type: none">➤ ½ medium Yellow Onion chopped➤ 4 Green Scallions chopped➤ ½ cup Cilantro chopped➤ 5-6 Garlic Cloves minced➤ 2 Jalapenos diced (remove seeds)* | <ul style="list-style-type: none">➤ 2 cups of lentils<ul style="list-style-type: none">○ 1 cup green○ 1 cup yellow➤ 1.5-2lbs of boneless skinless chicken thighs➤ 3 cups of Salsa Verde➤ 3 cups low sodium chicken broth |
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directions

- Chop and Mince all ingredients above, Yellow Onion, Green Scallions, Garlic cloves, cilantro, and Jalapenos
- Place green and red lentils into instant pot
- Add Chicken thighs to instant pot
- Add all chopped/minced ingredients
- Add Salsa Verde and Chicken broth
- Mix a little with a spoon to stir up lentils at the bottom*
- Turn instant pot on manual high pressure and cook for 20 minutes
- Serve and enjoy*

TIPS & TRICKS*

- If you want meal to be on the spicy side leave the seeds from at least 1 jalapeno
- Mixing up lentils at the bottom is very important, this will avoid the lentils from burning at the bottom while cooking
- To keep this meal Paleo serve and enjoy, if you need a little more serve over rice