

Dinner

One Pot Chicken & Rice Pilaf

15 Mins
Prep Time

5-6 Hrs
Cook Time

6
Servings

 **351 Calories** **20g Fat** **18g Carbs** **25g Protein**



Ingredients

 **6 Servings**  **6 Hrs, 15 Mins Total Time**  **Allergens: None**

1½ Cups Wild Rice 

3 Cups Low-Sodium Chicken Broth

1 Lemon, juiced

2 Tsp Dried Oregano

1 Carrot, cut into 1-inch pieces

1 Cup Baby Bella Mushrooms, cut into 1-inch pieces 

2 lbs Chicken Thighs

2 Tbsp Extra Virgin Olive Oil

2 Tbsp Fresh Thyme, chopped

1 Tsp Fresh Sage, chopped

4 Shallots, peeled and halved

1 Sprig Fresh Rosemary

Salt* and Pepper, to taste

**Monitor salt intake per doctor's recommendations*

Nourishment Note



Wild Rice

Wild rice is a complete protein to help your body build new and healthy cells. It's also a whole grain, helpful for protecting the heart, and full of antioxidants key to overall health.



Mushrooms

Mushrooms are loaded with B vitamins to aid in skin, nerve, and digestive health. They're also a good source of potassium, which is key to muscle, nerve, and heart function.

Instructions

Instant Pot® Instructions

1. Wash Hands

Wash hands with soap and water.

1. Add Ingredients to Instant Pot

To the Instant Pot bowl, add the wild rice, vegetable broth, lemon juice, oregano, carrots, mushrooms, salt, and pepper.

2. Heat Oil on Skillet

Heat 1 tbsp extra virgin olive oil in a large skillet over medium-high heat.

3. Add Chicken & Shallots to Skillet

Rub chicken with 1 tbsp extra virgin olive oil, thyme, and sage. Once the oil in the pan has begun to sizzle, add the chicken. Sear until the bottom is golden brown, about 4-5 minutes. Add shallots to the pan. Flip chicken to sear the other side, about 4-5 minutes.

4. Combine All Ingredients in Instant Pot

Remove chicken, herbs, shallots, and juices from the pan and into the Instant Pot. Cover with lid and seal. Manually set cooking time for 25 minutes on the high-pressure setting.

5. Fluff & Serve

Once done, release steam, remove lid and fluff rice with a fork.

6. Wash Hands

Wash hands with soap and water.

Slow Cooker Instructions

1. Wash Hands

Wash hands with soap and water.

1. Add Ingredients to Slow Cooker

To the slow cooker, add the wild rice, vegetable broth, lemon juice, oregano, carrots, mushrooms, salt, and pepper.

2. Heat Oil on Skillet

Heat 1 tbsp extra virgin olive oil in a large skillet over medium-high heat.

3. Add Chicken & Shallots to Skillet

Rub chicken with 1 tbsp extra virgin olive oil, thyme, and sage. Once the oil in the pan has begun to sizzle, add the chicken. Sear until the bottom is golden brown, about 4-5 minutes. Add shallots to the pan. Flip chicken to sear the other side, about 4-5 minutes.

4. Combine All Ingredients in Slow Cooker

Remove chicken, herbs, shallots, and juices from the pan and place into the slow cooker. Cover with the lid and cook on low for 5-6 hours.

5. Fluff & Serve

Remove lid and fluff with a fork.

6. Wash Hands

Wash hands with soap and water.

What You'll Need



Cutting Board



Knife



Skillet



Tongs



Measuring Cups



Measuring Spoons



Fork



Instant Pot® or Slow-Cooker

Fatigue Buster

- Use bottled lemon juice instead of freshly squeezed. 1 lemon equals ¼ cup lemon juice.
- Try preparing the carrot, mushrooms, and shallot 1-2 days in advance to minimize kitchen prep time.

Recipe adapted from halfbakedharvest.com