



INSTANT POT FAUX-TISSERIE CHICKEN

Recipe from www.cookingwithcurls.com



Ingredients

2 1/2 to 3 pound whole chicken	5 large cloves fresh garlic, peeled and left whole	Southwest seasoning mix
2 Tablespoons olive oil {divided}	southwest seasoning mix {recipe to right}	1 teaspoon garlic powder
sea salt & black pepper, to taste	1 cup chicken stock/broth, or water	1 teaspoon onion powder
		1 teaspoon chili powder
		1/2 teaspoon cumin
		1/2 teaspoon basil
1/2 medium onion, cut into quarters		

Directions



Yield: 4-6 servings
Serving Size: 3-5 oz



Rub chicken with one Tablespoon of olive oil and sprinkle with salt and pepper.
Place the onion wedges and garlic cloves inside the chicken. Use butcher's twine to secure the legs.
Turn on the pressure cooker and press the Sauté button.
Add the remaining olive oil to the metal pan. When hot, add the chicken and sear/brown both sides, about 4 minutes per side. {included in cooking time}
Remove the chicken and set aside. Place the trivet at the bottom of the metal pan and add the chicken stock.
Sprinkle seasoning mix over the entire chicken, rubbing it in and spreading it around to cover the entire chicken.
Place the chicken, breast side up on top of the trivet and secure the lid. Make sure the lid is in the "Sealing" position.
Set the pressure cooker to Poultry and set timer for 25 minutes.
When the timer beeps, allow the pressure to release naturally for 15 minutes. If the lid will not open after 15 minutes, quick release the remaining pressure and remove the chicken.
Allow chicken to rest for 5 to 10 minutes before serving.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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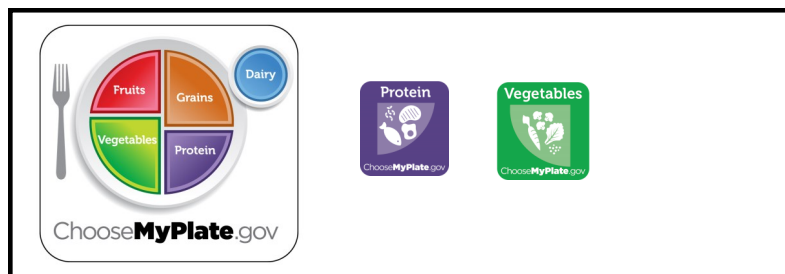
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Fast Facts

Featured Food Groups



Cooking Tips



Cooking time does not include the time it takes for the pressure cooker to reach pressure, or the time it takes to release the pressure. This will add an additional 30 to 40 minutes.

I have included a scaled down Southwest Seasoning recipe, but any seasoning will work, garlic-lemon, paleo powder, etc.

If your cooker is not coming to pressure, double to check that the lid is completely secured and it plays that little song when it's closed.

Discard the onion and garlic when the chicken is finished, or toss them into the pot with some water, carrots, celery, and aromatics to make Homemade Chicken Stock!



Nutrition Facts



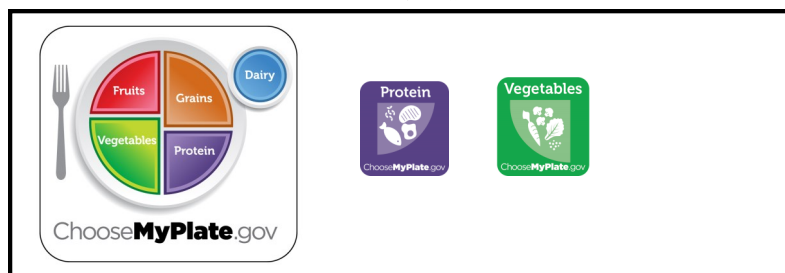
Nutrition Facts	
6 servings per container	
Serving size	5 oz
Amount Per Serving	
Calories	180
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 5g	
Cholesterol 75mg	25%
Sodium 370mg	16%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 20g	40%
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 1mg	6%
Potassium 310mg	6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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