

# Instant Pot Chicken Cacciatore

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/instant-pot-chicken-thighs-recipe-chinese>

## Ingredients:

- 4 chicken thighs with the bone, skin removed
- kosher salt
- pepper
- olive oil spray
- 14 ounces crushed tomatoes Tuttorosso my favorite!
- 1/2 cup diced onion
- 1/4 cup red bell pepper diced
- 1/2 cup green bell pepper diced
- 1/2 teaspoon dried oregano
- 1 bay leaf
- 2 tablespoons basil chopped, or parsley for topping

## Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 195 milligrams
4. Fat: 35 grams
5. Fiber: 4 grams
6. Protein: 42 grams
7. SaturatedFat: 9 grams
8. Sodium: 510 milligrams
9. Sugar: 2 grams

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