

Instant Pot Italian Chicken Stew

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-stew-withchicken>

Ingredients:

- 12 ounces boneless skinless chicken thighs
- 14 ounces unsalted diced tomatoes
- 12 ounces low sodium chicken broth
- 1/2 onion chopped
- 2 stalks celery chopped
- 1 carrot chopped
- 1/2 cup loosely packed fresh basil leaves chopped
- 1/2 cup Kalamata olives pitted and chopped
- 2 tablespoons olive oil
- 1 tablespoon tomato paste
- 2 bay leaves
- 1 teaspoon salt
- 1/2 teaspoon dried oregano
- 1/2 teaspoon pepper

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 55 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 21 grams
7. SaturatedFat: 2 grams
8. Sodium: 920 milligrams
9. Sugar: 5 grams

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