

Instant Pot Mexican Chicken and Rice

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-chicken-and-rice-instant-pot>

Ingredients:

- 1 1/4 pounds chicken breast cut into 1" cubes
- 1 red bell pepper chopped
- 1 green bell pepper chopped
- 1 cup corn thawed frozen kernel corn or drained canned corn
- 1 cup black beans drained
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 3/4 cup white rice
- 1 3/4 cups chicken broth
- 2 tablespoons vegetable oil

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 90 milligrams
4. Fat: 13 grams
5. Fiber: 7 grams
6. Protein: 39 grams
7. SaturatedFat: 2 grams
8. Sodium: 990 milligrams
9. Sugar: 3 grams

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