

# Pressure cooker Rice and Chicken

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-steak-recipe-in-pressure-cooker>

## Ingredients:

- 2 cups basmati rice golden Sella
- 3 cups chicken broth
- 3 tablespoons tomato paste
- 3 tablespoons oil
- 3 large garlic cloves chopped
- 1/3 cup onions chopped
- 1/2 teaspoon salt optional
- 1 bay leaf
- 6 boneless skinless chicken thighs
- 1 teaspoon dried thyme
- 2 teaspoons smoked paprika
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 teaspoon oregano
- 1/2 teaspoon cayenne pepper
- 1 teaspoon salt

## Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 82 grams
3. Cholesterol: 105 milligrams
4. Fat: 18 grams
5. Fiber: 3 grams
6. Protein: 45 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1230 milligrams
9. Sugar: 2 grams

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