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## **Instant Pot Chicken with Peppers**

Meal prep doesn't get any easier! This chicken goes well with just about any side dish. If you want a leaner version of this dish, remove the skin after cooking. If you're a keto dieter, though, that extra fat might fit right into your plan.

Serving Size: 160 grams of chicken

Serving Size: 6

Prep Time: 8 min.

Cook Time: 60 min.

### **Ingredients**

3 lb. whole chicken

2 tbsp olive oil

Salt and pepper to taste

1 onion, sliced into quarters

1 red pepper, diced

1 yellow pepper, diced

5 cloves garlic, peeled and sliced

1 tsp garlic powder

1 tsp onion powder

1 tsp chili powder

1/2 tsp cumin

1/2 tsp basil

Juice from 1/2 lemon

1 cup reduced-sodium chicken broth, heated

### **Directions**

1. Brush chicken with 1 tablespoon olive oil. Season with salt and pepper.
2. Place sliced onion, peppers, and garlic inside the chicken's cavity and tie legs together.
3. Turn Instant Pot to sauté and add remaining oil.
4. When oil is hot, add chicken and brown on all sides.
5. Remove chicken and set aside.

6. Place trivet in bottom of Instant Pot; add the heated chicken broth to pot (don't add cold liquids to hot oil).
7. Place chicken breast on trivet. Season it with a sprinkle of spice mixture and a drizzle of lemon juice.
8. Place cover on Instant Pot, set pot to manual, and cook chicken at high pressure for 25 minutes.
9. After 25 minutes, turn off pot and allow chicken to stand for 15 minutes to allow for natural release of pressure.
10. Once Instant Pot is depressurized, open lid, remove chicken to serving platter.
11. Let chicken rest 10 minutes before carving.