



Tuscan Chicken Stew



So flavorful, so filling... This recipe is a total home run!

1/6th of recipe (about 1 1/3 cups): 289 calories, 3.5g total fat (0.5g sat. fat), 506mg sodium, 27.5g carbs, 8g fiber, 4.5g sugars, 35g protein

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Prep: 15 minutes **Cook:** 35 minutes

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Ingredients

1 1/2 lb. raw boneless skinless chicken breast
1/4 tsp. each salt and black pepper
4 cups roughly chopped kale
Two 15-oz. cans cannellini (white kidney) beans, drained and rinsed
2 cups chopped tomatoes
1 cup chopped onion
1 cup chicken broth
1 1/2 tsp. chopped garlic
1 tsp. Italian seasoning
1/2 tsp. onion powder

Directions

Place chicken in the Instant Pot, and sprinkle with salt and pepper.

Add remaining ingredients. Top with lid, aligning the lid arrow with the arrow marked Open. Rotate until aligned with the Close arrow. Set the pressure release valve to the Sealing position.

Press Manual/Pressure Cook, and set time for 8 minutes. (The Instant Pot will preheat for 20 - 25 minutes.)

Press the Keep Warm/Cancel button to turn off the Instant Pot.

Caution: During the next step, keep hands and face away from opening; the fast-escaping steam will be hot! Turn the pressure release handle to the Venting position to let out steam until the float valve drops down.

Transfer chicken to a large bowl. Shred with two forks.

Return chicken to the pot, and stir.

MAKES 6 SERVINGS

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