

# Healthy Chicken Broccoli Rice Casserole



3.92 from 48 votes

This Instant Pot Healthy Chicken Broccoli Rice Casserole is a delicious, lighter version of the traditional cheesy rice dish, and it's made in the pressure cooker so it's a one-pot 30 minute dinner idea!

Prep Time 15 mins	Cook Time 15 mins	Total Time 30 mins
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Servings: 4 servings    Calories: 492kcal

## Ingredients

- 1 tbsp olive oil
- 2 medium-sized boneless skinless chicken breasts, cut into 1 inch pieces
- 1 medium-sized yellow onion, diced
- 4 cloves garlic, minced
- 2 tbsp dijon mustard
- 1/2 tsp each Salt and pepper
- 2 cups chicken broth
- 1 cup dry jasmine rice
- 1/2 cup sour cream
- 1 cup cheddar cheese, grated
- 1 head broccoli, chopped into small florets

## Instructions

1. Add olive oil, chicken, onions, garlic, dijon mustard, salt and pepper, chicken broth and jasmine rice to Instant Pot in that order. Cook on high pressure for 3 minutes - Instant Pot will take about 10-15 minutes to preheat and then the 3 minutes on high pressure.
2. Do a quick release of the pressure and when safe to do so, open lid and stir in sour cream and cheese, mixing well to combine. Stir in broccoli then replace lid and let sit 5 min.
3. Serve with a bit of extra shredded cheddar cheese on top and enjoy!

## Nutrition

Calories: 492kcal | Carbohydrates: 51g | Protein: 25g | Fat: 20g | Saturated Fat: 11g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 7g | Trans Fat: 0.01g | Cholesterol: 72mg | Sodium: 707mg | Potassium: 409mg | Fiber: 2g | Sugar: 3g | Vitamin A: 11% | Vitamin C: 39% | Calcium: 29% | Iron: 8%