

Instant Pot Chicken Taco Bowls

Servings: 6 -8 servings

Calories: 590 kcal

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3.75 from 268 votes



Ingredients

- 4-5 uncooked boneless, skinless breasts if large, cut in half
- 1-2 packets taco seasoning 1 for mild flavor, 2 for more flavor
- 1 15 oz can black beans, drained and rinsed
- 1 12 oz bag frozen corn
- 1 15.5 oz jar salsa
- 3 cups uncooked jasmine rice rinsed
- 3 cups water or chicken broth
- cheddar cheese
- cilantro optional
- sour cream optional

Instructions

1. Add one cup of liquid (water or broth) to the bottom of the pot.
2. Place chicken breasts in bottom of pressure cooker on top of the liquid. Sprinkle with taco seasoning. Top with beans and corn. Then, pour salsa over everything.
3. Add rice, then remaining liquid (water or broth).
4. Cook on manual high pressure for 12 minutes, then use quick release to release the pressure.
5. Once the pressure has been fully released, remove lid carefully.
6. Shred chicken. Serve immediately. Top with cheddar cheese, cilantro, and sour cream as desired

Recipe Notes

Weight Watchers Freestyle = 7 Points Per Serving with 8 Servings, that is calculating in a zero point cheese and skipping sour cream.

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Nutrition Facts

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Calories 590

* Percent Daily Values are based on a 2000 calorie diet.