

YIELD: 8

# Instant Pot Cracked up Chicken and Broccoli Rice

There is nothing I love more than a good flavorful casserole, and that is what you will find with this Instant Pot Cracked Up Chicken Broccoli and Rice Casserole.



## PREP TIME

2 minutes

## COOK TIME

12 minutes

## TOTAL TIME

14 minutes

## Ingredients

- 4 slices cooked bacon
- 2 cups frozen broccoli
- 1 package ranch seasoning, I used fiesta
- 2 cups white rice
- 2 tbs milk
- 1 pound chicken breast
- 3 cups water
- 8 oz cheddar cheese

## Instructions

1. Place raw chicken pieces in the instant pot on saute.
2. Cover with ranch seasoning packet.
3. add rice, water, and frozen broccoli.
4. Place on Manual low pressure for 12 minutes. ( I use the rice button)
5. Do a quick Release.
6. Stir in half the cheddar cheese, milk, bacon,
7. Add the rest of the cheese to the top and bacon
8. Place in a casserole dish and broil for 1-2 minutes or until cheese is melted

## Nutrition Information:

*Amount Per Serving:* CALORIES: 403 SATURATED FAT: 7g CHOLESTEROL: 73mg SODIUM: 340mg  
CARBOHYDRATES: 39g FIBER: 1g PROTEIN: 24g

<https://www.adventuresofanurse.com/instant-pot-cracked-up-chicken-and-broccoli-rice-casserole/>

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