

# Instant Pot Ranch Chicken and Rice



4.67 from 3 votes

A deliciously cheesy Instant Pot ranch chicken and rice recipe. All you need is a little ranch seasoning to take your chicken and rice to the next level!

Prep Time

10 mins

Cook Time

25 mins

Pressure and Release

Time

15 mins

Total Time

50 mins

Course: Instant Pot Cuisine: American

Keyword: chicken and rice, chicken recipes, dinner recipes, Instant Pot recipes, lunch recipes, ranch chicken, rice recipes

Servings: 6 Servings Calories: 448 Author: Kimberly

## Ingredients

- 2 Tablespoons Cooking Oil
- 1/2 Teaspoon Salt
- 1/2 Teaspoon Black Pepper
- 1 Lb. Chicken Breast (boneless, skinless)
- 1 Cup White Onion (diced)
- 1 Ounce Ranch Seasoning Mix (one ((1)) packet)
- 1 Cup White Rice (uncooked, long grain, NOT minute rice)
- 1 Cup Chicken Broth (or stock)
- 1/2 Cup Heavy Cream (or half and half, or milk)
- 1 1/2 Cups Cheddar Cheese (shredded)

## Instructions

1. Turn the Instant Pot onto Saute, and allow to get hot. While the liner is heating, season the chicken breasts with salt and pepper.
2. Add the oil and chicken to the hot liner. Brown chicken on both sides for about 3-5 minutes then remove from liner.
3. Add the diced onions to Instant Pot, and cook until they are soft and translucent (approximately 3-5 minutes). Use the moisture from the onions to deglaze the liner and scrape any food bits from the chicken off the bottom. If needed, pour 1/4 cup water or broth to assist with deglazing.
4. Turn off the Instant Pot, and place the chicken back in on top of the onions. Sprinkle the ranch seasoning over the chicken.
5. Pour the rice in next, and add the broth last. If necessary, use a wooden spoon or spatula to press the rice into the broth. It's important that all the rice is submerged in liquid to reduce the chances of a burn notice and to ensure even cooking.
6. Close the lid, and set the valve to sealing. Use the manual/pressure cook button and adjust the time to 8 minutes (6-8 minutes per pound of chicken according to the Instant Pot website). After the time is up, allow a 10 minute natural release before opening the valve to release any remaining pressure.

7. Open the lid, and use two forks to shred the chicken. Pour in the heavy cream, half and half, or milk, and add cheese. Stir to combine and until cheese is melted. Serve hot, and top with additional shredded cheese if desired.

## **Notes**

The calories listed are an approximation based on the ingredients and a serving size of one (1) cup. The calorie count does NOT include the extra shredded cheddar cheese garnishment seen in the photos. Actual calories will vary. The Instant Pot Ranch Chicken and Rice can be stored in your fridge in a sealed container for up to three (3) days.

## **Nutrition**

Serving: 1Cup | Calories: 448kcal | Carbohydrates: 31g | Protein: 26g | Fat: 24g | Saturated Fat: 11g | Cholesterol: 105mg | Sodium: 965mg | Potassium: 428mg | Fiber: 1g | Sugar: 1g | Vitamin A: 595IU | Vitamin C: 5.6mg | Calcium: 237mg | Iron: 0.8mg