

Tupperware®

Serves: 4 • Serving size: 2 cups



PREP: 15 minutes
COOK: 20 minutes

Cozy Chicken CACCIATORE

6 boneless, skinless chicken thighs, cut into 2"/5 cm pieces
1 cup crushed tomato
4 garlic cloves, peeled and smashed
1 green bell pepper, seeded and chopped
1 small onion, peeled and chopped
1 small eggplant, chopped (about 1½ cups)
1 large zucchini, chopped (about 1½ cups)
¼ cup basmati or jasmine rice
1 tbsp. dried oregano
1¼ tsp. kosher salt

1. In the base of the Microwave Pressure Cooker, combine chicken, tomato, garlic, bell pepper, onion, eggplant, zucchini, rice, oregano and salt; stir until well combined.
2. Seal and microwave on high power 15 minutes. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers. Remove cover. Let stand 5 minutes before serving. Liquid will thicken the longer it stands.

Nutritional Information (per serving):

Calories: 230 Total Fat: 5g Saturated Fat: 1g Cholesterol: 85mg
Carbohydrate: 24g Sugar: 8g Fiber: 5g Protein: 24g Sodium: 630mg
Vitamin A: 10% Vitamin C: 100% Calcium: 6% Iron: 10%

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