

## InstantPot Chicken Cacciatore

### INGREDIENTS:

- 2 tablespoons of extra virgin olive oil
- 2 pounds boneless skinless chicken breast tenders
- 1 large onion minced
- 3 garlic cloves minced
- 1 teaspoon dried oregano or Italian seasoning
- ¼ teaspoon red pepper flakes
- 1 bay leaf
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 28 oz can diced tomatoes
- 1 6-ounce can tomato paste
- 2 green bell peppers cut into strips

### DIRECTIONS:

Heat olive oil in pressure cooker over medium-high heat (or using brown setting on an electric pressure cooker.) Sprinkle chicken with salt and pepper. Working in batches cook chicken until golden brown, about 5 minutes total, adding more oil as necessary. Transfer chicken to plate.

Add onion & garlic to the pressure cooker; saute until onion is soft, scrapping up browned bits, about 4 minutes. Add seasonings, tomatoes, tomato paste and bell peppers; return chicken to pressure cooker and press into tomatoes until they are mostly covered. Add bay leaf on top for easy removal later ;)

Place lid on pressure cooker and lock in place. Cook on high pressure for 10 minutes. Release pressure using quick release valve and remove lid. Remove bay leaf.

Serve over rice or pasta.