

# Instant Pot Creamy Chicken & Mushroom Stew

## Ingredients:

1 yellow onion, halved and sliced

2 tablespoons olive oil

1 teaspoon salt

1.7- 2 lb chicken thighs/breast, diced

I used 3 boneless chicken thighs.

8 oz mix of sliced baby portobello & whole white button mushrooms. If whole mushrooms are large you can chop in half.

4 large cloves of garlic, diced roughly

1-2 bay leaves

½ teaspoon black pepper

2/3 cup chicken stock (or chicken stock cube and water or 1 tsp Better than Bouillon with 2/3 cup water )

1 teaspoon Dijon mustard

⅓ cup sour cream

2 teaspoons arrowroot, corn or tapioca starch for thickening dissolved in 2 teaspoons of cold water.

To finish: 2-3 tablespoons chopped parsley

## Instructions:

- Turn the Instant Pot on and press the Sauté function key (it should say High, 30 mins).

- . Add the olive oil, onion, garlic and salt to the pot and cook for 3-4 minutes, until softened slightly. Stir occasionally so the garlic doesn't burn
- . Add the chicken, mushrooms, garlic, bay leaves, pepper, stock cube, water and mustard and stir through. Keep Warm/Cancel to stop the cooking process. Top with chopped parsley and serve. turn the Sauté off by pressing the Keep Warm/Cancel button.
- . Place and lock the lid, make sure the steam releasing handle is pointing to Sealing. Press Manual (High Pressure, 15 minutes). After 3 beeps the pressure cooker will start going.
- . Once the time is up, let the pressure release naturally for 5 minutes, then use the quick release to let off the rest of the steam.
- . When it's safe, open the lid and press the Sauté function key again. Remove the 2 bay leaves.

Add the cornstarch mixture into the pot and stir through. This will thicken the sauce slightly.

- . Finally, add the sour cream and stir through. Press Keep Warm/Cancel to stop the cooking process. Top with chopped parsley and serve.