



Pressure Cooker Chicken Vegetable Stew

Serves 8-10 (makes a little over a gallon)

Ingredients

- 1 Tbsp vegetable oil (I use grapeseed or avocado oil)
- 1 peeled yellow onion, chopped $\frac{1}{3}$ inch
- 3 garlic cloves, coarsely chopped
- 1 Tbsp chopped fresh dill weed
- 10 cups water
- 5 large carrots, peeled and sliced $\frac{1}{2}$ inch thick
- 2 celery ribs, sliced $\frac{1}{2}$ inch thick
- 3 Tbsp soy sauce
- 1 (4-pound) whole chicken, cavity cleaned and giblets discarded
- Salt (up to 1 tsp) and
- $\frac{1}{4}$ tsp fresh ground black pepper or to taste
- 4 $\frac{1}{2}$ ounces (about 3 cups) wide egg noodles
- Fresh chopped parsley or dill fronds to garnish

Instructions

In an 8-10 quart pressure cooker, heat oil over medium heat until shimmering. Add onion and cook until softened, about five minutes. Stir in garlic and dill and cook until fragrant, about 30 seconds. Stir in water, carrots, celery, and soy sauce. Put whole chicken, breast side up, on top of the liquid and veggies.

Lock the pressure-cooker lid in place and bring to high pressure over medium-high heat. As soon as the pot reaches high pressure, reduce heat to medium-low and cook for 22 minutes, adjusting heat as needed to maintain high pressure.

Remove pot from the heat. Quickly release pressure, then carefully remove lid, allowing steam to escape away from you.

Transfer the whole chicken (It will be soft and probably fall apart) to a cutting board, let it cool enough for you to be able to handle it. Remove the chicken skin and bones, and shred the meat into bite-size pieces.

Bring the soup to a boil, stir in the noodles, and cook until tender, about five minutes. Stir in the shredded chicken and parsley or dill. Add more soy or season with salt and pepper to taste, and serve. The soup keeps well in the refrigerator for five days or can be frozen.

PS: After this cools in the refrigerator, the fat will congeal at the top and will be simple to remove.