



## Pressure Cooker Chicken Stew

Serves 3-4

### Ingredients

- 1 ½ Tbsp avocado oil
- 1 ½ lb (about 5-6) boneless skinless chicken thighs, dried and seasoned with salt, pepper and smoked paprika
- ½ onion, peeled and thinly sliced
- 10 large crimini mushrooms cleaned, destemmed and sliced into 6 chunks each
- ¼ yellow pepper, sliced
- 1 large parsnip, peeled and coarsely chopped into large pieces-about 1 inch thick
- Handful of fresh dill, stems and all
- 4 cherry tomatoes, cut in half
- Juice of one lime
- 1 cup chicken broth (I cheated and made this with Better than Bouillon)
- ½ Tbsp dry vermouth, which I always keep in my fridge to use when white wine is called for in recipes

### Instructions

Dry the chicken thighs and season with a bit of salt, fresh ground black pepper and smoked paprika.

Heat the pressure cooker, then add the oil and wait until it is hot. Sear the chicken thighs a couple minutes on each side until browned a bit. Remove the thighs with tongs to a rimmed plate so juices can collect.

Add the onion, mushrooms, pepper and parsnip and saute five minutes. Top the veggies with the chicken thighs and pour any juice that has collected into the pot. Top with the cherry tomatoes and dill, pour broth and vermouth over the top.

Secure the lid and bring to high pressure for nine minutes. Manually release the pressure and remove the top, placing the chicken on one end of the platter and the veggies on the other end.

There will be some amazing juice left over in the pot, at least a cup. You can serve this as is but I thickened mine a titch with a teaspoon of cornstarch whisked into two tablespoons of cold water

I then poured this slurry into the hot juice I while it was still on low heat to thicken it . I served the juice in a gravy boat but it could be combined with the stew. Oh, and I put a scoop of

heated brown rice on the bottom of my stew and had some fresh challah to dip in the juice too. It tastes like a four star meal.