

MEAL #4

ELECTRIC PRESSURE COOKER

Cilantro Lime Chicken

YIELD: 4 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 15 MINUTES + PRESSURE BUILD/RELEASE TIME

Prep Work: Juice the limes and chop the cilantro.

PREPARE TO FREEZE

Ingredients:

- 2 pounds boneless chicken thighs

Marinade:

- 1 Tablespoon canola oil
- 2 limes, juiced
- 1 Tablespoon brown sugar
- 4 teaspoons minced garlic
- 1 Tablespoon chili powder
- 1/3 cup chopped fresh cilantro
- Salt and pepper

Instructions:

1. Juice limes.
2. Chop cilantro.
3. In a large mixing bowl, whisk together marinade: canola oil, juice from limes, brown sugar, minced garlic, chili powder, chopped cilantro, and salt and pepper.
4. In a gallon-size plastic freezer bag set in a round bowl/dish, add the boneless chicken thighs and prepared marinade.
5. Remove as much air as possible and seal shut.
6. Add label to bag and freeze for up to 6 months.

COOK FROM FROZEN

Additional Ingredients:

- 1/2 cup HOT water

Instructions:

1. Thaw in the fridge overnight or put frozen round meal directly in electric pressure cooker.
2. If using the frozen meal, turn on the sauté setting and add a lid. I use a glass slow-cooker lid, but you could just use a regular pot lid. Heat the frozen meal on sauté for 4 minutes, stirring occasionally. Then if needed, add water or chicken stock so that the total liquid is at least 1 cup. Press the Cancel/Off button to turn off the sauté feature.
3. Cover with the electric pressure cooker lid and set the vent to sealing. Select the Manual or Pressure button. Make sure that the pressure is set to high and set the time to 15 minutes. Once the cook time is complete, allow the pot to depressurize naturally for 10 minutes. Manually release any remaining pressure.

COOK FROM FRESH

Ingredients:

All ingredients from **Prepare to Freeze** and **Cook from Frozen** sections above.

Instructions:

To bypass the freezer step, simply add all of the ingredients to the electric pressure cooker and follow the directions in step 3 of **Cook from Frozen** instructions.

SERVING SUGGESTIONS

Sides: Rice and/or vegetables