

# instant pot chicken quinoa taco bowl

**MAKES 4 servings**

RECIPE ADATED FROM: [A Spoon Full of Love](#)

COOK TIME: 12 minutes

1-1½ lbs boneless skinless chicken thighs or breasts

2½ tsp chili powder

1 tsp cumin

½ tsp salt

½ tsp paprika

½ tsp garlic powder

½ tsp onion powder

½ tsp dried oregano

1 cup salsa

1 cup quinoa, uncooked

1½ cups water and/or chicken broth

**Optional Toppings:** salsa, sliced avocado, cilantro, guacamole, sour cream, cheese, jalapenos, etc.



PLACE chicken in Instant Pot insert.

MIX together chili powder, cumin, salt, paprika, garlic powder, onion powder and oregano.

SPRINKLE over chicken.

POUR salsa over seasoned chicken.

ADD quinoa.

COVER with water and/or broth.

SECURE the lid and set to cook on Manual High Pressure for 12 minutes, then Quick Release Pressure when done.

CHECK to ensure chicken is done (at least 165°F with a meat thermometer). If it isn't, reseal lid and pressure cook for 2-3 more minutes and check again.

REMOVE chicken, shred and return to pot. It may look a little soupy, but the extra liquid will quickly absorb as it sits for a few minutes.

SERVE over a bed of mixed greens and with your favorite taco toppings.