

Pressure Cooker-Braised Chicken Thighs

Prep: 15 minutes | Cook: 45 minutes | Total: 60 minutes

Yield: 4 servings | Serving Size: 1 chicken thigh with a quarter of the sauce

Ingredients

1 tablespoon extra-virgin olive oil
1 pound (16 ounces) baby portabella or button mushrooms, sliced ½-inch thick
1 medium onion, diced (about 1-1½ cups)
½ teaspoon salt
½ teaspoon ground black pepper
4 garlic cloves, minced (about 2-4 teaspoons)
1 tablespoon tomato paste
1 tablespoon all-purpose or whole-wheat flour
½ teaspoon dried rubbed sage
1 (14.5-ounce) can no-salt-added diced tomatoes
½ cup low-sodium chicken or beef broth
2 tablespoons red wine vinegar
1½ pounds bone-in chicken thighs, skin removed (4 thighs, about 5 to 7 ounces each)
½ cup chopped fresh parsley

Directions

1. Heat the pot of a pressure cooker over medium-high heat or heat an electric pressure cooker on high heat sauté.
2. Add the oil, mushrooms, onion, salt, and black pepper. Cook, stirring often, until the onions soften and the mushrooms have released their liquid, about 5 minutes.
3. Add the garlic, tomato paste, flour, and sage. Cook, stirring often, until fragrant, about 30-60 seconds.
4. Add the diced tomatoes with their juice, broth, and vinegar, scraping up any browned bits with a spoon or spatula.
5. Place the chicken thighs in the pot and spoon some of the liquid-vegetable mixture over the tops.
6. Lock the lid in place and close the pressure valve. For a stovetop cooker, bring to pressure over high heat and then reduce to low heat. Set an electric pressure cooker to high pressure. Cook for 15 minutes, with the time starting after the pressure has built up.
7. Turn off the heat and turn the pressure valve to vent to release the pressure. Once the pressure is completely released, carefully open the lid, allowing the steam to escape away from you.
8. Remove the chicken, cover with foil, and set aside.
9. Return the pot to medium-high heat or high heat sauté. Bring the liquid to a simmer and cook until thickened into a sauce, about 5 minutes.
10. Stir the parsley into the sauce, then divide the sauce over the chicken thighs and serve warm.

**Nutrition Facts Per Serving: Calories: 300 | Total Fat: 15 g | Saturated Fat: 3.5 g
Sodium: 405 mg | Total Carbohydrate: 13.5 g | Dietary Fiber: 3 g | Protein: 33 g**

Adapted from America's Test Kitchen | Submitted by Dana Herring MS, RDN
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