

-- Spencer's Weekly Recipes --

Instant Pot Greek Chicken Bowls



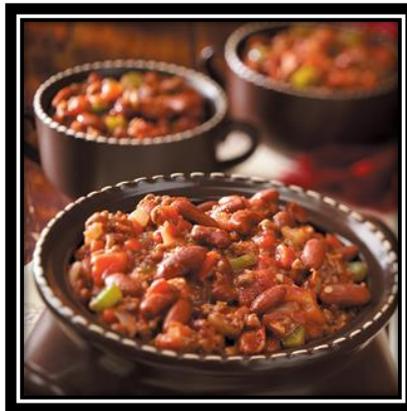
- 1/2 teaspoon dried oregano
- 1/2 teaspoon Spanish paprika
- Pinch crushed red pepper flakes
- 1/4 cup plus 2 tablespoons olive oil
- 3 cloves garlic, grated
- 1 1/2 pounds boneless, skinless chicken breasts, sliced 1/2-inch thick
- Kosher salt and freshly ground black pepper
- 1 cup couscous
- 1 cup full-fat Greek yogurt
- Juice of 1 lemon
- 1 English cucumber, chopped
- 1 cup cherry tomatoes, quartered
- 1/2 cup pitted Kalamata olives, chopped
- 1/2 cup crumbled feta
- 2 tablespoons chopped fresh dill

- Whisk together the oregano, paprika, red pepper flakes, 1/4 cup olive oil, 2 cloves garlic and 1/2 cup water in the pot of a 6-quart Instant Pot®. Add the chicken, 2 tsp. salt and a few grinds of pepper and toss until well coated.
- Set the pot to pressure cook on high for 3 min. After pressure cook cycle is complete, do a quick release and wait until the quick release cycle is complete. Be careful of any remaining steam and unlock and remove the lid. Transfer chicken to a medium bowl and turn pot off. Add couscous, 1/2 tsp. salt and a few grinds of pepper to the pot and stir to combine with the hot liquid. Place glass lid on the top and let the couscous sit until tender and fluffy, 6 to 7 min. Fluff with a fork.
- Meanwhile, mix together the yogurt, lemon juice, remaining clove garlic and 2 tbsp. water in a medium bowl until well combined. Spread 1/4 cup yogurt sauce on the bottom of a plate. Top with a quarter of the couscous, cucumbers, tomatoes, Kalamata olives and feta. Repeat 3 more times. Garnish each plate with the dill and a drizzle of the remaining 2 tbsp. olive oil.

Serves 4. [Instant Pot Greek Chicken Bowls Recipe](#)
[| Food Network Kitchen](#) | [Food Network](#)

Heartwarming Chili

- 1 lb. ground beef
- 1 large onion, chopped
- 2 cans (16 oz. each) kidney beans, rinsed and drained
- 2 cans (14-1/2 oz. each) diced tomatoes, undrained
- 1 can (8 oz.) tomato sauce
- 1 medium green pepper
- 3 tbsp. chili powder
- 1 tbsp. ground cumin
- 2 garlic cloves, minced
- 1 tsp. baking cocoa
- 1 tsp. dried oregano
- 1 tsp. Worcestershire sauce, optional
- Salt and pepper to taste



In a large saucepan, cook beef and onion over medium heat until the meat is no longer pink; drain. Add the remaining ingredients; bring to a boil. Reduce heat; cover and simmer for 3 hours, stirring occasionally. Yield: 4 servings.

<http://www.tasteofhome.com/recipes/heartwarming-chili>



Instant Pot Coconut Chicken



- 1 onion, chopped
- 6 cloves garlic, smashed
- 1/4 cup soy sauce
- 1/4 cup plus 2 tbsp. distilled white vinegar
- 1 tbsp. plus 3/4 tsp. sugar
- Freshly ground pepper
- 1 1/2 pounds skinless, boneless chicken thighs (halved if large)
- 4 Persian cucumbers
- 1 Fresno chile pepper
- Kosher salt
- 1 1/2 cups jasmine rice
- 1/4 cup unsweetened coconut cream

- Combine onion, garlic, soy sauce, 1/4 cup each vinegar and water, 1 tbsp. sugar and 1/2 tsp. pepper in an Instant Pot. Stir in the chicken. Close the lid and turn the valve to sealing position. Set pot to cook on high pressure for 8 min.
- Meanwhile, slice cucumbers and finely chop the Fresno chile (remove seeds for less heat). Toss with remaining 2 tbsp. vinegar and 3/4 tsp. sugar in a medium bowl. Season generously with salt and let marinate while you finish the dish.
- Cook the rice as the label directs.
- When the time is up on the Instant Pot, carefully turn to venting position and manually release pressure. Open the lid. Change cooker to high sauté setting and simmer until sauce thickens slightly, 12 to 15 min.
- Stir coconut cream into chicken mixture. Divide rice, chicken and cucumber salad among bowls.

[Instant Pot Coconut Chicken Recipe](#) | [Food Network Kitchen](#) | [Food Network](#)

Tasty Taco Soup

Quick busy schedule recipe!



1-1/2 lb. ground beef
1 envelope taco seasoning
2 cans (15-1/4 oz. each) whole kernel corn, undrained
2 cans (15 oz. each) Ranch Style beans (pinto beans in seasoned tomato sauce)
2 cans (14-1/2 oz. each) diced tomatoes, undrained
Tortilla chips and shredded cheddar cheese

Directions

1. In a Dutch oven, cook beef over medium heat until no longer pink; drain. Stir in the taco seasoning, corn, beans and tomatoes. Cover and cook for 15 minutes or until heated through, stirring occasionally.
2. Place tortilla chips in soup bowls; ladle soup over top. Sprinkle with cheese. Yield: 8 servings (about 2 quarts).

<http://www.tasteofhome.com/recipes/tasty-taco-soup>



Instant Pot Split Pea Soup

4 cups low-sodium chicken broth
5 sprigs thyme
4 ounces ham, diced (about 1/3 cup)
2 tablespoons unsalted butter
2 stalks celery
2 carrots
1 large leek
3 cloves garlic
1 1/2 cups dried green split peas (about 12 ounces)
Kosher salt and freshly ground pepper
1 cup pita chips or bagel chips, broken into pieces



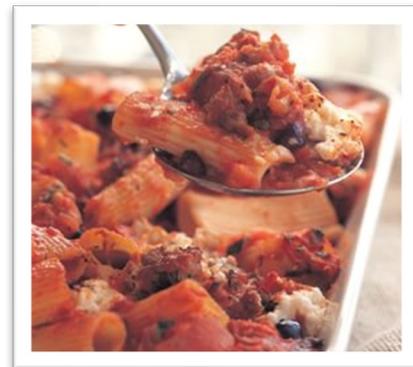
1. Pour the chicken broth into an Instant Pot or other multi-cooker and set to sauté. Add the thyme, ham and butter. While the broth heats, chop the celery, cut the carrots into 1/2-inch-thick rounds, halve the leek lengthwise and thinly slice and chop the garlic; add the vegetables to the pot as you cut them.
2. Rinse the split peas in a colander, discarding any small stones, then add to the pot. Secure the lid, making sure the steam valve is in the sealing position, and set the cooker to high pressure for 15 min. When the time is up, carefully turn steam valve to venting position to release pressure.
3. Turn off the cooker. Remove the lid and stir the soup; discard the thyme sprigs. Thin the soup with up to 1 cup water if needed (the soup will continue to thicken as it cools). Season with salt and pepper. Divide among bowls and top with the pita chips.

[Instant Pot Split Pea Soup Recipe | Food Network Kitchen | Food Network](#)

Baked Rigatoni with Ricotta and Sausage

Here is the link to make the pasta sauce from scratch. ☺

<http://www.williams-sonoma.com/recipe/Pasta-with-Roasted-Tomato-Sauce.html>



2 Tbs. olive oil, plus more for brushing dish
1 lb. Italian sausage, casings removed
3 cups roasted tomato sauce
1 cup coarsely chopped pitted black Mediterranean olives
2 Tbs. salt, plus more, to taste
Freshly ground pepper, to taste
1 lb. rigatoni
1 3/4 cups ricotta cheese
1/4 cup grated Parmigiano-Reggiano cheese

- Preheat an oven to 350°F. Lightly oil a deep 2 1/2-quart baking dish. Bring a large pot of water to a boil over high heat.
- In a large fry pan over medium-high heat, warm the 2 Tbs. olive oil. Add the sausage and sauté, breaking it up with a spoon, until browned, about 6 min. Drain any excess fat from the pan. Stir in the tomato sauce and olives, and season with salt and pepper. Set aside.
- Meanwhile, add the 2 Tbs. salt and the pasta to the boiling water. Cook, stirring occasionally to prevent sticking, until the pasta is not quite al dente (tender but firm to the bite), about 2 min. less than the package instructions. Drain, rinse under cold running water and drain again.
- Return the pasta to the cooking pot. Stir in the tomato sauce and ricotta. Spread the pasta and sauce in the prepared dish and sprinkle with the Parmigiano-Reggiano. Bake until the surface is golden and bubbly, about 25 min. Let cool for 5 min. and serve. Serves 4 to 6.

<http://www.williams-sonoma.com/recipe/baked-rigatoni-with-ricotta-and-sausage.html>

