



Hungry Hobby

**Hungry Hobby Set It & Forget It
Pressure Cooker Program**

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<https://hungryhobby.net/meal-plans>

Love your pressure cooker? So do I!

I use my Instant Pot WAY more than I ever thought I would! Which is great because now I can say it was an "investment" instead of an impulse purchase.




























This meal plan shows you exactly how to use your pressure cooker for every healthy meal all day long every day!






















Just a quick note - the Salt n' Vinegar Hard Boiled Eggs do not have explicit "pressure cooker" instructions for those, because they vary from machine to machine. Just google pressure cooker or instant pot hard-boiled eggs, and you'll get tons of results! Follow the same end instructions of drizzling and topping your eggs! All other recipes have explicit instructions!

Be sure to also check out my [Instant Pot Recipe Category](#) (click the link) for even more IP friendly recipes!

If you make anything, be sure to tag @hungryhobbyRd on instant and #hungryhobby! I can't wait to see what you made!

- Kelli

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Paleo Pressure Cooker Breakfast Plate	 Paleo Pressure Cooker Breakfast Plate	 Paleo Pressure Cooker Breakfast Plate	 Pressure Cooker Cinnamon & Banana Crunch Steel Cut...	 Pressure Cooker Cinnamon & Banana Crunch Steel Cut...	 Pressure Cooker Cinnamon & Banana Crunch Steel Cut...	 Pressure Cooker Cinnamon & Banana Crunch Steel Cut...
Lunch	 Pressure Cooker Wild Rice & Mushroom Soup	 Pressure Cooker Wild Rice & Mushroom Soup	 Pressure Cooker Wild Rice & Mushroom Soup	 Instant Pot Chicken Tortilla Soup	 Instant Pot Chicken Tortilla Soup	 Pressure Cooker Bean-Free Chili	 Pressure Cooker Thai Red Curry Beef
Snack 2	 Rice Cakes, Avocado & Hummus	 Rice Cakes, Avocado & Hummus	 Rice Cakes, Avocado & Hummus	 Salt n' Vinegar Hard Boiled Eggs	 Salt n' Vinegar Hard Boiled Eggs	 Rice Cakes, Avocado & Hummus	 Salt n' Vinegar Hard Boiled Eggs
Dinner	 Pressure Cooker Cashew Chicken	 Pressure Cooker Cashew Chicken	 Instant Pot Chicken Tortilla Soup	 Pressure Cooker Bean-Free Chili	 Pressure Cooker Thai Red Curry Beef	 Pressure Cooker Chicken Taco Stuffed Sweet Potato	 Pressure Cooker Chicken Taco Stuffed Sweet Potato

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	 45%	Fat	 45%	Fat	 40%	Fat	 40%	Fat	 37%	Fat	 42%	Fat	 35%
Carbs	 36%	Carbs	 36%	Carbs	 38%	Carbs	 35%	Carbs	 38%	Carbs	 39%	Carbs	 41%
Protein	 19%	Protein	 19%	Protein	 22%	Protein	 25%	Protein	 25%	Protein	 19%	Protein	 24%
Calories	1599	Calories	1599	Calories	1795	Calories	1598	Calories	1764	Calories	1569	Calories	1507
Fat	82g	Fat	82g	Fat	82g	Fat	72g	Fat	74g	Fat	75g	Fat	61g
Carbs	148g	Carbs	148g	Carbs	174g	Carbs	139g	Carbs	173g	Carbs	157g	Carbs	161g
Fiber	34g	Fiber	34g	Fiber	46g	Fiber	29g	Fiber	33g	Fiber	36g	Fiber	29g
Sugar	24g	Sugar	24g	Sugar	26g	Sugar	29g	Sugar	37g	Sugar	28g	Sugar	36g
Protein	81g	Protein	81g	Protein	100g	Protein	102g	Protein	111g	Protein	77g	Protein	91g
Cholesterol	484mg	Cholesterol	484mg	Cholesterol	563mg	Cholesterol	615mg	Cholesterol	604mg	Cholesterol	167mg	Cholesterol	528mg
Sodium	2413mg	Sodium	2413mg	Sodium	3085mg	Sodium	2569mg	Sodium	2571mg	Sodium	1803mg	Sodium	2264mg
Potassium	3388mg	Potassium	3388mg	Potassium	3893mg	Potassium	2687mg	Potassium	3592mg	Potassium	3359mg	Potassium	3670mg
Vitamin A	29619IU	Vitamin A	29619IU	Vitamin A	31168IU	Vitamin A	5304IU	Vitamin A	6952IU	Vitamin A	22501IU	Vitamin A	24528IU
Vitamin C	53mg	Vitamin C	53mg	Vitamin C	97mg	Vitamin C	105mg	Vitamin C	209mg	Vitamin C	81mg	Vitamin C	175mg
Calcium	320mg	Calcium	320mg	Calcium	666mg	Calcium	646mg	Calcium	691mg	Calcium	331mg	Calcium	389mg
Iron	13mg	Iron	13mg	Iron	14mg	Iron	14mg	Iron	14mg	Iron	12mg	Iron	12mg
Vitamin D	87IU	Vitamin D	87IU	Vitamin D	92IU	Vitamin D	97IU	Vitamin D	99IU	Vitamin D	10IU	Vitamin D	94IU

Fruits

- 9 1/2 Avocado
- 4 Banana
- 1 Lime

Breakfast

- 1/2 cup Almond Butter
- 2 cups Granola
- 16 Plain Rice Cake
- 3 cups Steel Cut Oats

Seeds, Nuts & Spices

- 1 cup Cashews
- 2 2/3 tbsps Chili Powder
- 1 tsp Cinnamon
- 1 1/3 tbsps Cumin
- 1 tbsp Poultry Seasoning
- 1 2/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Smoked Paprika

Vegetables

- 9 cups Baby Spinach
- 4 Carrot
- 2 heads Cauliflower
- 5 stalks Celery
- 1 1/8 cups Cilantro
- 5 Garlic
- 1 1/2 Garlic Cloves
- 1 tsp Ginger
- 6 1/4 stalks Green Onion
- 3/4 Jalapeno
- 2 Jalapeno Pepper
- 5 cups Mushrooms
- 1 Red Bell Pepper
- 10 Sweet Potato
- 1 Tomato
- 2 1/4 White Onion
- 3 Yellow Onion

Boxed & Canned

- 1/2 cup Brown Rice
- 3 cups Chicken Broth
- 2 cups Chickpeas
- 2 1/4 cups Diced Tomatoes
- 3 ozs Green Chiles
- 2 1/4 cups No Salt Added Black Beans
- 3 cups Organic Chicken Broth
- 3/4 cup Organic Coconut Milk
- 1/4 cup Organic Salsa
- 6 cups Organic Vegetable Broth
- 12 ozs Red Enchilada Sauce
- 1/4 cup Tomato Paste
- 1 cup Wild Rice

Baking

- 1/2 cup All Purpose Gluten Free Flour
- 1 1/3 tbsps Arrowroot Powder
- 1 tbsp Coconut Sugar

Bread, Fish, Meat & Cheese

- 4 1/2 ozs Cheddar Cheese
- 3 1/2 lbs Chicken Breast
- 6 Corn Tortillas
- 1 lb Extra Lean Ground Beef
- 2 cups Hummus
- 9 ozs Prosciutto
- 1 lb Stewing Beef

Condiments & Oils

- 1 1/8 cups Apple Cider Vinegar
- 1 1/3 tbsps Avocado Oil
- 1/4 cup Coconut Aminos
- 2 tpsps Coconut Oil
- 1 tbsp Fish Sauce
- 2 tbsps Rice Vinegar
- 2 tbsps Thai Red Curry Paste

Cold

- 48 Egg
- 1 tbsp Ghee
- 3 tbsps Orange Juice
- 3/4 cup Sour Cream (Optional)
- 1/2 cup Unsweetened Almond Milk

Other

- 0 Cooking Spray
- 2 tbsps Sugar Free Ketchup
- 9 1/16 cups Water



Paleo Pressure Cooker Breakfast Plate

6 servings

25 minutes

Ingredients

9 ozs Prosciutto (roughly chopped)
 3 cups Water
 6 Sweet Potato (medium, cubed)
 1 1/2 White Onion (chopped)
 12 Egg
 9 cups Baby Spinach
 3 Avocado (sliced)
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	529
Fat	30g
Carbs	40g
Fiber	12g
Sugar	8g
Protein	29g
Cholesterol	402mg
Sodium	1050mg
Potassium	1354mg
Vitamin A	23350IU
Vitamin C	28mg
Calcium	170mg
Iron	5mg
Vitamin D	82IU

Directions

- Using the sauté function on your pressure cooker, sauté your prosciutto for 3 to 4 minutes, until crispy. Remove and set aside.
- Add the metal rack to your pressure cooker along with the water. Then add the sweet potato and onion. Place the eggs on top then cook on high pressure for 5 minutes. Once it has finished, allow the pressure to release naturally for 5 minutes, then manually release.
- Remove the eggs and place in a bowl with cold water. Remove the sweet potato and onion then set aside. Dump out the water and sauté the spinach for 1 to 2 minutes.
- Peel the eggs and add them to a plate with the prosciutto, sweet potato, onion, spinach and avocado. Season everything with sea salt and pepper to taste. Enjoy!

Notes

Pork-Free, Omit the prosciutto.

No Sweet Potato, Use regular potatoes instead.

No Spinach, Use another green instead such as kale or Swiss chard.

Leftovers, Store leftovers in an airtight container in the fridge for up to 3 days.



Pressure Cooker Cinnamon & Banana Crunch Steel Cut Oats

8 servings

25 minutes

Ingredients

3 cups Steel Cut Oats
 6 cups Water
 1/2 cup Unsweetened Almond Milk
 1 tsp Cinnamon
 4 Banana (sliced)
 2 cups Granola
 1/2 cup Almond Butter

Nutrition

Amount per serving	
Calories	555
Fat	22g
Carbs	80g
Fiber	12g
Sugar	15g
Protein	14g
Cholesterol	0mg
Sodium	23mg
Potassium	739mg
Vitamin A	76IU
Vitamin C	6mg
Calcium	151mg
Iron	3mg
Vitamin D	6IU

Directions

- 1 Add the steel cut oats and water to your pressure cooker and close lid. Set to "sealing" then press manual/pressure cooker and cook for 4 minutes on high pressure. Once it is done, press cancel and let the pressure release naturally (this can take 15 minutes or so).
- 2 Remove the lid carefully, and stir in the milk and cinnamon until combined. Add more milk if needed.
- 3 Divide the oats into bowls and top with banana slices, granola and almond butter. Enjoy!

Notes

Meal Prep, These oats can be prepped ahead and stored in the fridge up to 5 days, or in the freezer for longer. Reheat and add toppings before serving.

Likes it Sweet, Add a drizzle of maple syrup or honey.

No Granola, Omit, or use a mix of nuts and seeds instead.

More Fiber, Add chia seed or ground flax seed.



Pressure Cooker Wild Rice & Mushroom Soup

6 servings

1 hour 15 minutes

Ingredients

3 Carrot (medium, peeled and chopped)
 5 stalks Celery (chopped)
 1 Yellow Onion (medium, chopped)
 1 cup Wild Rice (dry)
 5 cups Mushrooms (sliced)
 2 cups Chickpeas (cooked, from the can)
 6 cups Organic Vegetable Broth
 1 tbsp Poultry Seasoning
 1/2 cup All Purpose Gluten-Free Flour
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	282
Fat	2g
Carbs	56g
Fiber	10g
Sugar	9g
Protein	13g
Cholesterol	0mg
Sodium	711mg
Potassium	690mg
Vitamin A	5811IU
Vitamin C	8mg
Calcium	78mg
Iron	3mg
Vitamin D	4IU

Directions

- 1 In your pressure cooker, combine the carrots, celery, onion, wild rice, mushrooms, chickpeas, broth and poultry seasoning. Stir to mix.
- 2 Bring to pressure and cook for 45 minutes. Allow for a natural release for 15 minutes, then release manually and remove the lid.
- 3 Bring to a simmer (if you are using an electric pressure cooker, change the setting to saute) and add the gluten-free flour. Simmer for 5 to 10 minutes, or until thickened. Add salt and pepper to taste. Enjoy!

Notes

Leftovers, Can be stored in the fridge for 4 days, or frozen for up to 2 months.

Serving Size, One serving is equal to approximately 2 cups.

Mushroom Lover, Up the mushroom flavour by adding dried mushrooms.



Rice Cakes, Avocado & Hummus

2 servings

10 minutes

Ingredients

- 4 Plain Rice Cake
- 1/2 cup Hummus
- 1 Avocado (sliced)
- Sea Salt & Black Pepper (to taste)

Nutrition

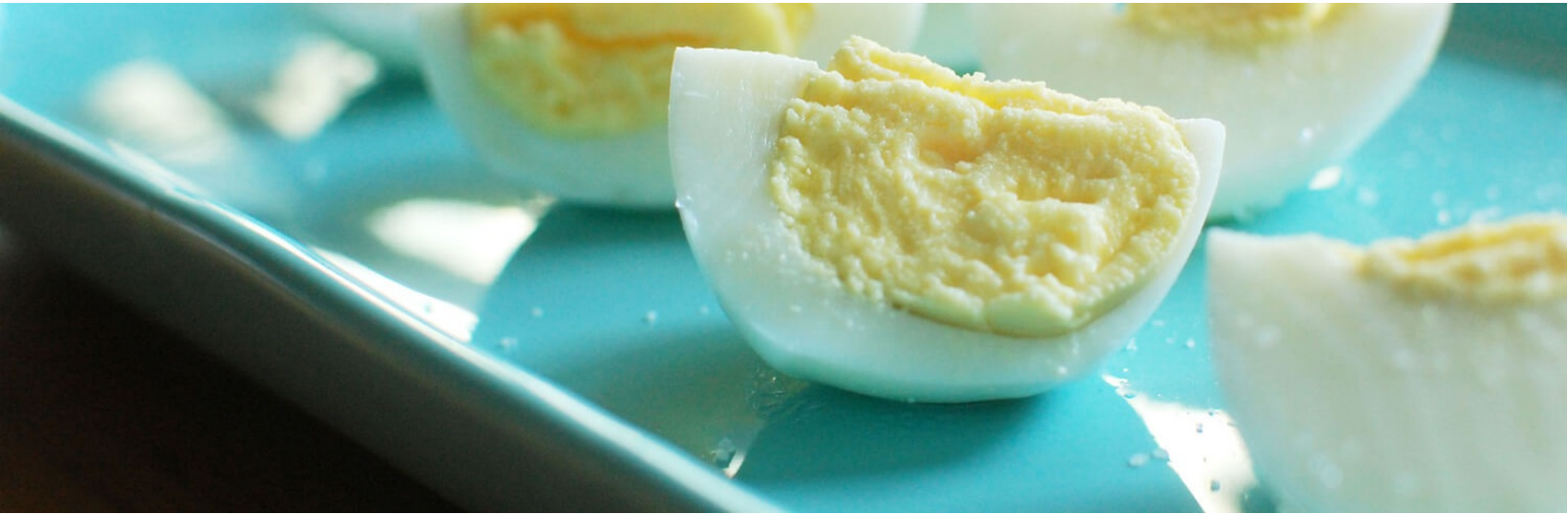
Amount per serving	
Calories	377
Fat	26g
Carbs	32g
Fiber	11g
Sugar	1g
Protein	8g
Cholesterol	0mg
Sodium	273mg
Potassium	732mg
Vitamin A	161IU
Vitamin C	10mg
Calcium	43mg
Iron	2mg
Vitamin D	0IU

Directions

- 1 Spread rice cakes with hummus. Top with sliced avocado and a sprinkle of salt and pepper. Enjoy!

Notes

No Rice Cakes, Use crackers or tortillas instead.



Salt n' Vinegar Hard Boiled Eggs

6 servings

35 minutes

Ingredients

- 12 Egg
- 1 1/2 tsps Sea Salt (divided)
- 1/3 cup Apple Cider Vinegar (divided)

Nutrition

Amount per serving	
Calories	149
Fat	10g
Carbs	2g
Fiber	0g
Sugar	1g
Protein	13g
Cholesterol	372mg
Sodium	732mg
Potassium	138mg
Vitamin A	540IU
Vitamin C	0mg
Calcium	56mg
Iron	2mg
Vitamin D	82IU

Directions

- 1 Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
- 2 After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
- 3 When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!



Pressure Cooker Cashew Chicken

4 servings

25 minutes

Ingredients

- 1 1/3 tbsps Avocado Oil (divided)
- 1/4 cup Coconut Aminos
- 2 tbsps Sugar Free Ketchup
- 2 tbsps Rice Vinegar
- 3 tbsps Orange Juice
- 2 Garlic (clove, minced)
- 1 lb Chicken Breast (skinless, boneless, cubed)
- 1 1/3 tbsps Arrowroot Powder (divided)
- 1 1/3 tbsps Water
- 1 cup Cashews
- 2 stalks Green Onion (optional, sliced)

Nutrition

Amount per serving	
Calories	411
Fat	24g
Carbs	20g
Fiber	1g
Sugar	6g
Protein	31g
Cholesterol	82mg
Sodium	379mg
Potassium	612mg
Vitamin A	297IU
Vitamin C	7mg
Calcium	29mg
Iron	3mg
Vitamin D	1IU

Directions

- 1 In a small bowl, add half the avocado oil, coconut aminos, ketchup, rice vinegar, orange juice and garlic. Whisk to combine.
- 2 Toss the cubed chicken breast with half the arrowroot powder. Turn on the pressure cooker to sauté mode. Add the remaining avocado oil and the chicken then sear for 1 to 2 minutes. Press cancel and then pour the sauce on top. Set to "sealing" then press manual/pressure cooker and cook for 10 minutes on high pressure. Once finished, manually release the pressure.
- 3 While the chicken is cooking, whisk the remaining arrowroot powder and water in a small bowl. Remove the lid carefully on the pressure cooker and whisk to combine the arrowroot/water mixture. Add the cashews and stir.
- 4 Divide onto plates and garnish with green onion (optional). Enjoy!

Notes

Serve it With, A side of rice, couscous, quinoa or cauliflower rice.

Likes it Spicy, Garnish with red pepper flakes.

Leftovers, Keeps well in the fridge for up to three days.



Instant Pot Chicken Tortilla Soup

6 servings

30 minutes

Ingredients

- 1 1/2 lbs Chicken Breast (frozen or fresh)
- 3 cups Chicken Broth
- 12 ozs Red Enchilada Sauce
- 2 1/4 cups Diced Tomatoes (fire roasted - 2 cans)
- 3 ozs Green Chiles (1 small can)
- 2 1/4 cups No Salt Added Black Beans (rinsed - 2 cans)
- 3/4 White Onion (chopped)
- 1 1/2 Garlic Cloves (minced)
- 3/4 Jalapeno (chopped, de-seeded, deveined)
- 2 1/4 stalks Green Onion (sliced for garnish)
- 6 Corn Tortillas
- Cooking Spray
- 1 1/2 Avocado (optional topping, chopped)
- 3/4 cup Cilantro (optional topping, chopped)
- 3/4 cup Sour Cream (Optional) (optional topping, omit for dairy-free)
- 4 1/2 ozs Cheddar Cheese (optional topping, omit for dairy-free)

Nutrition

Amount per serving
Calories

607

Directions

- 1 Place chicken breast on the bottom of the instant pot. Now add chicken broth, enchilada sauce, ONE CAN fire-roasted diced tomatoes, onion, green chile, ONE CAN black beans, garlic, and jalapeno. DO NOT EXCEED THE PC MAX LINE. You should have one can of tomatoes and one can of black beans we will add later.
- 2 Replace lid on the instant pot and set the valve to sealing. Set the Instant Pot to pressure cook for 20 minutes. It will take 15-20 minutes too come to pressure because the instant pot is so full, then it will cook for 20 minutes.
- 3 Preheat oven to 400F and line a baking sheet with parchment paper. Spray the paper with cooking spray. Cut the corn tortillas into 1/4 inch strips and spread out evenly over the baking sheet, then spray with cooking spray. Bake for 10 minutes, shake to mix up and bake an additional 5 minutes. Check on the tortilla strips often, depending on climate, oven, etc they may cook faster or slower and you don't want to burn them! Bake until your desired crispy level is achieved!
- 4 Once the 20 minutes are up, the instant pot will switch to warm. If I used frozen chicken breasts I like to let it naturally release for 15-20 minutes (aka don't touch anything) just to make sure my chicken is nice and tender before switching the valve to venting to quick release. If using fresh chicken, go ahead and switch that valve to venting to quick release. Make sure to follow best practices as outlined in your IP manual, steer clear of the steam etc.
- 5 Open the instant pot lid. Remove the chicken breast and shred it with two forks, replace shredded chicken into the instant pot. Add in the remaining cans of tomatoes and black beans. I do this for TWO reasons. First, because you can't add them before or you'll exceed the PC max line. Second, because stirring this in helps cool down the soup while adding more yummy ingredients.

Fat	24g
Carbs	46g
Fiber	13g
Sugar	8g
Protein	50g
Cholesterol	161mg
Sodium	1051mg
Potassium	1117mg
Vitamin A	1846IU
Vitamin C	51mg
Calcium	375mg
Iron	4mg
Vitamin D	6IU

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Serve garnished with green onions, cilantro, sour cream, avocado, and cheese.



Pressure Cooker Bean-Free Chili

4 servings

50 minutes

Ingredients

- 1 lb Extra Lean Ground Beef
- 1 tbsp Ghee
- 1 Yellow Onion (chopped)
- 1 Red Bell Pepper (chopped)
- 3 Garlic (clove, minced)
- 2 tbsps Tomato Paste
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 1/2 tsp Sea Salt
- 1 Tomato (chopped)
- 1 cup Organic Chicken Broth

Nutrition

Amount per serving	
Calories	287
Fat	16g
Carbs	11g
Fiber	4g
Sugar	5g
Protein	25g
Cholesterol	82mg
Sodium	763mg
Potassium	693mg
Vitamin A	2842IU
Vitamin C	48mg
Calcium	64mg
Iron	5mg
Vitamin D	3IU

Directions

- 1 Turn your pressure cooker onto sauté mode. Cook the beef, breaking it up as it cooks until it's no longer pink. Remove the meat from the pot and drain any excess drippings.
- 2 Add ghee to the pressure cooker and when melted add the onion, pepper and garlic. Saute for 5 minutes or until the onions are translucent. Add the tomato paste, chili powder, cumin and salt. Cook for another minute. Add the tomatoes, broth and cooked meat to the pressure cooker and stir to combine.
- 3 Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 20 minutes and let the steam release naturally for 5 to 10 minutes. Release the rest of the steam manually.
- 4 Divide between bowls and enjoy!

Notes

Optional Toppings, Diced avocado, sliced jalapenos, fresh lime juice, sliced green onion and/or chopped cilantro.

No Ground Beef, Use ground turkey or chicken instead.

More Flavor, Add smoked paprika, chipotle chili powder, ground cayenne, ground coriander, black pepper or dried oregano.

Tomato Options, Use cherry tomatoes, Roma tomato, field tomatoes or drained diced tomatoes from the can.

No Ghee, Use extra virgin olive oil or avocado oil instead.

Leftovers, Store in an airtight container in the fridge for up to three days. Freeze for up to three months.

Serving Size, One serving is equal to approximately one cup of chili.



Pressure Cooker Thai Red Curry Beef

4 servings

1 hour

Ingredients

2 tps Coconut Oil (divided)
 1 lb Stewing Beef (diced into cubes)
 Sea Salt & Black Pepper (to taste)
 1 Yellow Onion (small, thinly sliced)
 1 tsp Ginger (minced)
 2 tbsps Thai Red Curry Paste
 2 tbsps Tomato Paste
 1 tbsp Fish Sauce
 1 tbsp Coconut Sugar
 1 Carrot (large, chopped)
 2 heads Cauliflower (sliced into florets)
 3/4 cup Organic Coconut Milk (from the can)
 1 Lime (juiced)
 1/2 cup Brown Rice (optional, dry/uncooked)
 2 stalks Green Onion (optional, chopped)
 1/4 cup Cilantro (optional, chopped)

Nutrition

Amount per serving	
Calories	453
Fat	18g
Carbs	45g
Fiber	8g
Sugar	13g
Protein	34g
Cholesterol	71mg
Sodium	765mg

Directions

- 1 Turn your pressure cooker onto sauté mode and add half of the coconut oil. Season the beef with sea salt and pepper. Add to the pressure cooker and brown on all sides. Remove with a slotted spoon and set aside.
- 2 Add the remaining coconut oil and sliced onion to the pressure cooker and sauté for about 3 to 4 minutes. Add the ginger during the last minute, stirring frequently. Then add the curry paste, tomato paste, fish sauce, coconut sugar, carrots, cauliflower and beef. Stir well to combine.
- 3 Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 35 minutes and then let the steam release naturally.
- 4 If making the brown rice, cook according to package directions.
- 5 Remove the lid from the pressure cooker and add the coconut milk and lime juice. Mix well, then serve over rice with optional garnishes like green onion and cilantro.

Notes

No Pressure Cooker, Make it in the slow cooker on low for about 5 hours.

No Fish Sauce, Use soy sauce or tamari instead.

No Coconut Sugar, Use cane sugar instead.

Vegetable Modifications, Add or substitute any vegetables you have on hand, such as sweet potato, broccoli or peas.

Crunchy Veggies, Vegetables can turn soft in the pressure cooker. If you prefer crunchy veggies, steam them on the stove separately, then add them to the meal when it's done.

Potassium	1598mg
Vitamin A	4490IU
Vitamin C	152mg
Calcium	109mg
Iron	5mg
Vitamin D	5IU



Pressure Cooker Chicken Taco Stuffed Sweet Potato

4 servings

50 minutes

Ingredients

- 4 Sweet Potato (medium, pierced with a fork)
- 1 lb Chicken Breast (skinless and boneless)
- 2 tsps Chili Powder
- 1 tsp Cumin (ground)
- 1 tsp Smoked Paprika
- 2 cups Organic Chicken Broth
- 1/4 cup Organic Salsa
- 1 Avocado (mashed)
- 2 tbsps Cilantro (optional, chopped)
- 2 Jalapeno Pepper (optional, sliced)

Nutrition

Amount per serving	
Calories	350
Fat	11g
Carbs	34g
Fiber	9g
Sugar	7g
Protein	30g
Cholesterol	85mg
Sodium	744mg
Potassium	1195mg
Vitamin A	19422IU
Vitamin C	17mg
Calcium	73mg
Iron	2mg
Vitamin D	1IU

Directions

- 1 Preheat the oven to 400°F (204°C) and place the sweet potato on a pan. Bake for 40 to 45 minutes, or until cooked through.
- 2 Add the chicken breast, chili powder, cumin, smoked paprika and chicken broth to your pressure cooker. Set to "sealing" then press manual/pressure cooker and cook for 10 minutes on high pressure. Once it is done, press cancel and let the pressure release naturally (this can take 15 minutes or so).
- 3 Remove the lid carefully. Remove the chicken and shred it with two forks.
- 4 When the sweet potatoes are finished cooking, slice them down the middle and top with the shredded chicken, salsa, mashed avocado, cilantro and sliced jalapeño. Enjoy!

Notes

Dairy Lover, Top the stuffed sweet potato with shredded cheese, yogurt or sour cream.

Meal Prep, Cook the sweet potatoes ahead of time for a quick weeknight meal.

Leftovers, Keep in a sealed container in the fridge for 3 to 4 days.