



Noreen's Kitchen

Pressure Cooker

Sweet Pepper & Orange Chicken

Ingredients

3 pounds boneless skinless chicken breast	1 large onion peeled, and sliced
1, 14 ounce can Mandarin Oranges w/juice	3 to 4 cloves garlic, minced
1 cup orange marmalade	1 teaspoon chicken rub or seasoning blend
1/2 Green bell pepper cut into strips	2 tablespoons Soy sauce
1/2 Red bell pepper cut into strips	1 cup cold water
1/2 Yellow bell pepper cut into strips	3 tablespoons tapioca or corn starch
3 large carrots, cut into coins	

Step by Step Instructions

****NOTE:** *I am using an Elite 10 quart electric pressure cooker. Please consult the manufacturers instruction manual for your model to learn how best to set your particular model of machine for cooking this dish.***

Mix oranges with juice, orange marmalade and soy sauce in the bottom of the vessel and stir well.

Add onion, garlic peppers, carrots and seasoning rub and stir well to combine.

Add chicken, being sure to nestle it down into the sauce and giving a turn with tongs to coat.

Cook according to the manufacturers instructions for your particular model of machine.

Once the cooker has released all of its pressure, remove the lid and stir.

Prepare a slurry using 3 tablespoons of tapioca or corn starch and 1 cup of cold water either stirring or shaking well inside a sealed jar.

Pour slurry into the vessel while it is set to warm and stir until the cloudy appearance subsides and the sauce is lightly thickened.

Serve with noodles, rice, quinoa or couscous.

If you don't have a pressure cooker, you can easily make this in your slow cooker by placing all the ingredients in your crock and cooking on high for 2 hours and switching to low for an additional 4 hours or as long as it takes for the chicken to be tender and the vegetables to be cooked.

ENJOY!