

Herb-rubbed Stuffed Chicken Breast with Rice, Cheddar, and Mushrooms

This recipe is prepared in the Montel Williams Living Well 6-quart Pressure Cooker (K27814).

Go to [David's Recipe Item Page](#) for the full list of items that David has used in his recipes.

Ingredients:

Herb Rub:

1/4 cup olive oil
1 clove garlic, minced
2 Tbsp. fresh rosemary, chopped
2 Tbsp. fresh chives, chopped
2 tsp. paprika
1/4 tsp. ground black pepper
1/2 tsp. salt

Chicken:

4 (8-oz.) boneless, skinless chicken breasts
1 (8.8-oz.) package precooked long grain and wild rice
8 oz. Cremini or baby bella mushrooms, sliced
1/2 medium onion, chopped
1/4 tsp. dried thyme
2 oz. cream cheese, softened
1 cup cheddar cheese, shredded
2 cups chicken broth

Directions:

In a medium-sized bowl, combine all the ingredients for the herb rub and set aside.

To prepare the chicken breasts, place each piece on a large cutting board. Use a paring knife to make an incision about an inch long in the thickest part of each breast. Insert the knife into the incision and make a pocket by moving the knife back and forth inside the middle of the breast, being careful not to cut through the top or bottom. Refrigerate the breasts while you make the stuffing.

To prepare the stuffing, sauté the mushrooms, onions, and thyme together in a small sauté pan for approximately 5 minutes, or until the onions are translucent. Allow the mixture to cool, then add it to a medium-sized bowl with the rice, cream cheese, and cheddar cheese. Fold until combined.

Remove the chicken breasts from the refrigerator. Gently stuff the rice mixture into each breast-

pocket with your fingers until full. Do not over-stuff.

Sprinkle the herb rub generously over the breasts, or press the herbs directly into the meat.

Lightly spray the pressure cooker steamer basket accessory with cooking spray. Place the prepared chicken breasts in the steamer basket then add the chicken stock to the cooking vessel of the pressure cooker. Place the steamer basket into the pressure cooker and put on the lid. Set the cooker to the highest setting and cook for 10 minutes.

When the cooking time is complete, remove the steamer basket and serve.

Pressure Cooker Beef and Rice

Ingredients:

1 lb. stewing beef cubed
1/2 cup chopped onion
3 Tbsp. oil
1-1/2 tsp. salt
1/2 cup tomato juice
1/4 tsp. garlic powder
1/8 tsp. pepper
1 cup carrots
1/2 tsp. Salt
1/2 cup celery
1 bunch Swiss chard
1 cup water
1/2 tsp. Worcestershire sauce
1 cup rice

Directions:

Season your stew meat with salt and pepper and then brown it in oil. Add onion, tomato juice, 1 tsp. salt, pepper, and garlic powder. Stir and pressure cook for 15 minutes. Add carrots, celery, Swiss chard, 1/2 tsp. salt, Worcestershire sauce, and water. Pressure cook for another 15 minutes. Remove the meat and vegetables with a ladle and keep warm. Measure out two cups of broth left at the bottom of the pressure cooker. Add one cup of rice and pressure cook for 8 minutes until fluffy. Serve rice in a bowl and ladle meat and vegetables over it.
