

Instant Pot® Chicken and Dumplings

I wanted the richness of long-simmered chicken stew, but without the fuss of using a whole chicken. This compromise, using boneless skinless chicken thighs with bone-in chicken breast, gave me the richness of flavor and ease of preparation I was looking for! It's basically chicken pot pie made in a pressure cooker rather than an oven.

Recipe by **Doughgirl8**

Prep Time: 20 mins

Cook Time: 25 mins

Additional Time: 5 mins

Total Time: 50 mins

Ingredients

½ tablespoon olive oil
1 cup diced onion
½ cup diced carrot
½ cup diced celery
1 bay leaf
4 cups low-sodium chicken broth
1 pound boneless, skinless chicken thighs
1 pound bone-in chicken breasts, skin removed
½ teaspoon thyme (Optional)
½ teaspoon dried marjoram
1 teaspoon salt (Optional)
¼ teaspoon freshly ground black pepper
2 tablespoons unsalted butter, softened
2 tablespoons all-purpose flour
salt and ground black pepper to taste (Optional)
½ cup frozen petite peas
½ cup frozen cut green beans

Dumplings:

1 cup all-purpose flour
1 teaspoon baking powder
½ teaspoon salt (Optional)
2 tablespoons cold unsalted butter
1 tablespoon chopped fresh flat-leaf parsley
½ cup buttermilk

Directions

Step 1

Pour the olive oil into a multi-functional pressure cooker (such as an Instant Pot®) and select the Saute function. Cook onion, carrot, celery, and bay leaf until the vegetables are soft and the onion has turned translucent, about 5 minutes.

Step 2

Add chicken broth, chicken thighs, chicken breasts, thyme, marjoram, salt, and pepper. Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 9 minutes. Allow 10 to 15 minutes for pressure to build.

Step 3

Release pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Carefully remove the chicken pieces with tongs and place them in a bowl to cool slightly; discard bay leaf.

Step 4

Mash butter with the flour to make a smooth paste; set aside.

Step 5

Combine flour, baking powder, and salt in a bowl for the dumplings. Cut in cold butter until mixture is the texture of cornmeal. Stir in parsley and set aside.

Step 6

Shred cooled chicken and return to the pot. Taste the broth and adjust the seasoning if needed. Add peas and green beans. Stir in the flour-butter paste. Select Saute function to bring broth back to a boil.

Step 7

Pour buttermilk into the dumpling mixture and stir until combined. Drop the dumpling dough by heaping spoonfuls on top of the stew; a small cookie scoop works well.

Step 8

Cover pot with the lid, leaving the steam vent open. Select Slow Cooker function and simmer on Low, covered, until dumplings are cooked through, 10 to 12 minutes. A skewer inserted in the center of a dumpling should come out clean.

Cook's Notes:

If you want to use this as a pot pie filling, decrease the chicken broth to 2 cups.

If you have a mini food processor, it's perfect for step 5. Transfer the flour-butter mixture to a bowl before proceeding.

Nutrition Facts

Per serving: 467 calories; total fat 20g; saturated fat 9g; cholesterol 135mg; sodium 1055mg; total carbohydrate 29g ; dietary fiber 2g; total sugars 4g; protein 41g; vitamin c 6mg; calcium 131mg; iron 4mg; potassium 466mg