

Erin Garvin & Instant Pot Tuscan Chicken Pasta



Hello!! First let me say how excited I am to have the opportunity to share one of my favorite family recipes with you! My name is Erin Garvin. I have been in the hospitality industry for almost 20 years. I have four beautiful daughters, so my home life is quite busy. I love to cook, but dinner isn't always an easy subject in our home. So when I do find something all my girls can agree on, I stick to it! Especially when I can get it finished in under an hour.

A couple years ago, my mother, gifted me an Instant Pot. As a full time working mom, the Instant Pot was a godsend. At the time I really didn't understand how much this would help my hectic dinner time routine. It literally has cut my cooking time in half! And you can make ANYTHING in it. So I have decided to share my family's favorite Instant Pot recipe.

This recipe was one of the first I tried out in my Instant Pot. My kids were not too big on spinach and I was trying to introduce a few new healthy items to our at home menu. Mixing the spinach into the dish to make a complete dinner defiantly did the trick! Not only spinach, but a new spin on tomatoes also. It is one of the easiest dishes to make, has a verity of veggies and it tastes amazing. Best part... It only takes 15 minutes to prepare and 30 (hands free) minutes to cook. I hope your family loves this recipe as much as mine does!!

Bon Appétit.

Instant Pot Tuscan Chicken Pasta

Servings: 6

Prep: 15 Minutes

Cook Time: 30 Minutes

Ingredients:

- 32OZ. Chicken Broth
- ½ Cup Sun Dries Tomatoes, Drained, Chopped
- 2 tsp. Italian Seasoning
- 1 Tbsp. Minced Garlic
- Salt & Pepper
- 1 Lb. Boneless Skinless Chicken Breast, Cut into 1” cubes
- 12 Oz. Uncooked Bow Tie Pasta
- 5 Oz. Fresh Baby Spinach
- 1 (8 Oz.) Package Cream Cheese, Cut into cubes, Softened
- 1 Cup Finely Shredded Parmesan Cheese (Fresh is best)
- ¼ Cup Chopped Fresh Basil

Instructions:

1. In an Instant Pot insert add broth, tomatoes, Italian seasoning, garlic, ¼ tsp. salt, and ¼ tsp. pepper. (Add more if necessary.)
2. Stir in chicken and pasta. (Try to submerge in broth.)
3. Turn the lid to the securing position, ensuring the valve is set to “sealing”. Place on high pressure and set for 5 minutes. (It will take about 10-15 minutes for your instant pot to come up to pressure.)
4. When the time is up press “cancel” then use the release valve to quick release the pressure.
5. Once all pressure has released open immediately and stir noodles to separate. After noodles are separated stir in spinach and cream cheese.
6. Toss well. Let sit 5-10 mins to thicken.
7. Toss in basil right before serving. You can also garnish with a few sun dried tomatoes.