



Recipe: Slop 2.0

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🔗 URL	https://angela-murrell.com/slop-2-0-not-very-pretty-yet-hearty-like-a-brothless-chicken-soup-great-for-meal-prep-or-camping/

Ingredients

- 1 cup **carrots, onions, celery, sweet potatoes** each - *dice all (small cubes)*
- 7 cloves ish of **garlic** - *rough chop*
- 3-6 Thai chilis (optional) - *sliced (3 mild, 6 noticeably spicy, 10 if you really like spice)*
- Eyeball seasonings - *however much seasoning you like on other things, or 2 teaspoons if you must have measurement*
 - **curry powder**
 - **ginger powder**
 - fresh cracked **salt** and **pepper**
 - **ginger** paste, or fresh **ginger** - *rough chop*
- 1 cup **rice** or wild rice
 - I used *Rice & Ancient Grains*, which is a medley: red quinoa, barley, buckwheat, bulgar, wheat berries, red rice, oats
- 1 cup **lentils (I use green)**
- 6 cups of vegetable **broth (I use better than bouillon)**
- splash of red or white **wine vinegar**
- 1.5-2lbs ish of **chicken thighs boneless skinless**

Steps

1. 🍲 **Prepare vegetable stock** - eg. if using better than bouillon, bring 6 cups of water to boil in a sauce pan, with the paste in the water. Stir and remove heat.
2. 🥑 In the instant pot, **drizzle avocado oil**.
3. 🥕 **Dice veggies** (small cubes), then add veggies to instant pot: carrots, sweet potatoes, celery, onion at the bottom. Jiggle the pot to make contents flat and even.
4. 🌶️ **Add aromatic/flavor bits** (eg. chopped garlic, ginger, Thai chilis) on top of the veggies
5. 🍲 Measure out the **grains and lentils** - then add them on top, jiggling the pot to flatten out the contents again.
6. **Add Seasonings** on top of contents, do not mix. You season again after the chicken so if measuring out, use half (e.g. 1 teaspoon per spice)
7. 🍗 **Add Chicken flat** and evenly on top. You could have several **layers of chicken**. Add **more seasonings** again. Do not mix. (e.g. 1 teaspoon per spice)
8. 🍲 **Pour in the stock over the chicken** and **optional red or white wine vinegar**. No need to mix. The flavors will blend together on their own during pressure cooking!
9. ⏰ Set Instant pot to **pressure cook for 10 min**. The lid needs to be on and secured. Press start.
10. ⏰ **Anticipate 25 minutes:** It will take about **~10-15 minutes for it to "pre-heat"** kind of like an oven. Then it will build pressure for 10 minutes.
11. ⏰ **After the 10 minutes of building pressure is done**, the instant pot will count time. **Set timer for 15 minutes** on phone/watch. We set the timer so that we can cook the food at this pressure, which is called a **natural release** – it really means slowly cooking while slowly losing pressure. Later we will do a quick release to get the remaining pressure out.
12. 📢 When your timer goes off, the instant pot will say 15:00 min has gone by. **We can now do a manual/quick release** to let go of the remaining pressure. It takes about 2 minutes. Wait till the instant pot is done releasing pressure before removing the lid, which **you will hear a click**.
13. 🍴 **Break up the chicken with a sturdy spatula** or wooden spoon. Should come apart easily. Serve!