

HOW TO INSTANT POT

CHICKEN TORTILLA SOUP

A Keto Friendly Version!

Ingredients

- 1/2 cup roughly chopped onion
- 1 cup canned diced tomatoes & juices
- 2 garlic cloves
- 1 chipotle chile in adobo sauce from a can
- 1 tspn adobo sauce
- 1/2 jalapeno pepper
- 1/4 cup fresh cilantro
- 1-2 tspn salt
- 1 tbsp cooking oil
- 4 cups water
- 2 corn tortillas, diced
- 2 (6 oz) boneless, skinless chicken breasts
- Sour cream and cheese, to serve

Directions

- In a blender or food processor, puree onion, tomatoes, garlic, chipotle chile, adobo sauce, jalapeno, cilantro, and salt.
- Preheat the Instant Pot by selecting Saute and adjusting to high heat. Add oil and heat until it is shimmering. Add the pureed vegetables and stir well. Cook, stirring occasionally, for about 10 minutes, or until mixture is relatively thickened.
- Add the water, tortillas (if using), and chicken.
- Lock the lid into place. Select Manual, adjust pressure to High. Set time to 20 minutes. When cooking is complete, let the pressure release naturally for 10 minutes, then quick-release any remaining pressure. Unlock lid.
- Use tongs to transfer chicken to a bowl. Shred chicken, then stir it back into the soup. Ladle the soup into bowls and serve with sour cream and cheese.

Makes 4 servings