



Northeast Georgia Medical Center
BARIATRIC WEIGHT LOSS CENTER



Instant Pot Chicken "Tortilla" Soup

Serves: ~10 Serving Size: 1 cup

Ingredients:

- 2 Tbsp extra virgin olive oil
- 2 green bell peppers, diced
- 1 small onion, diced
- 2 garlic cloves, minced
- ½ tsp ground cumin
- 1 tsp ground oregano
- ½ tsp chili powder
- 1 (14 oz) can diced tomatoes
- 1 (15 oz) can black beans, rinsed and drained
- 2/3 cup frozen corn
- 1 ½ lb boneless skinless chicken breasts
- 4 cups low-sodium chicken broth
- ¼ cup fresh cilantro, chopped
- Kosher salt to taste
- Ground black pepper to taste



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Steps:

1. Turn Instant Pot to sauté and heat oil. When oil is shimmering, add bell peppers and onion. Cook stirring occasionally, until vegetables are starting to soften, about 5 minutes.
2. Stir in garlic, oregano, cumin, and chili powder.
3. Season chicken with salt and pepper then add to Instant Pot.
4. Add remaining soup ingredients and close lid. Set Instant Pot to Soup setting and set timer for 7 minutes.
5. When cooking is complete and air has been naturally released from Instant Pot, carefully remove lid and use tongs to remove chicken breasts onto a plate or cutting board. Using two forks, shred chicken. Stir chicken and cilantro into soup.

Nutrition Facts (per serving):

Calories: 137, Protein: 12g, Fat: 4.5g, Saturated Fat: 1.1, Carbohydrates: 12g, Sugars: 2.2g, Sodium: 543mg