Instant Pot Chicken and Tortilla Soup

Jacob · 30/09/2024



Prep Time

20 mins

Dificult

Medium

Servings

45 mins

Description

Perfectly seasoned tortilla soup in under 1 hour Delicious Top soup with a dollop of sour cream nonfat Greek yogurt or nonfat cottage cheese grated cheese crushed tortilla chips or tostadas and avocado

Ingredients

— - 1 (32 fluid ounce) container chicken broth - 1 (15 ounce) can fire-roasted diced tomatoes - 1 ½ cups frozen corn - 1 onion

— chopped - ½ cup cauliflower rice - ¼ cup quinoa - 3 cloves garlic - 2 teaspoons chili powder - 3 teaspoons ground cumin - 1 teaspoon paprika - 1 teaspoon salt - ½ teaspoon ground black pepper - 1 pound chicken breast - 3 tablespoons vegetable oil for frying - 2 (8 inch) corn tortillas

— cut into bite-sized strips

Instructions

1. Combine chicken broth
2. tomatoes
3. corn
4. onion
5. cauliflower rice
6. quinoa
7. garlic
8. chili powder
9. cumin
10. paprika
11. salt
12. and pepper in a multi-functional pressure cooker (such as Instant Pot®). Add chicken breast. Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 7 minutes. Allow 10 to 15 minutes for pressure to build. Meanwhile heat oil in a skillet over moderately high heat. Add tortilla strips and cook until golden
13. about 1 minute. Remove with a slotted spoon and drain on paper towels. Release pressure using the natural-release method according to manufacturer's instructions
14. about 15 minutes. Release remaining pressure carefully using the quick-release method according to manufacturer's instructions
15. about 5 minutes. Unlock and remove the lid. Remove chicken and shred or cut into bite-sized pieces. Return chicken to pot to warm. Ladle into soup bowls and top with fried tortilla strips.