



Best Instant Pot Chicken Tortilla Soup

Jacob · 28/09/2024



Prep Time

10 mins

Difficult

Medium

Servings

1 hr 5 mins

Description

A hearty version of chicken tortilla soup made in the Instant Pot Top soup with avocado pepper Jack cheese fresh cilantro sour cream crumbled tortilla chips and hot sauce This is great for freezing

Ingredients

- - 2 zucchini
- chopped
- or to taste - 4 shallots
- chopped - 2 poblano peppers
- seeded and chopped
- or more to taste - 2 carrots
- peeled and diced - 2 teaspoons ground cumin - 1 teaspoon kosher salt - 1 teaspoon chili powder - 1 teaspoon dried oregano - ¼ teaspoon cayenne pepper - 1 tablespoon grapeseed oil - 1 (14.5 ounce) can fire-roasted diced tomatoes - 4 large bone-in
- skin-on chicken thighs - 6 cups chicken stock - 2 bay leaves
- or more to taste - 1 (15 ounce) can black beans
- drained and rinsed - 1 lime
- juiced

Instructions

1. Place zucchini
2. shallots
3. poblano peppers
4. and carrots in a multi-cooker (such as Instant Pot). Add cumin
5. salt
6. chili powder
7. oregano
8. and cayenne pepper; stir well to combine. Add oil. Turn on cooker and select Saute function. Cook and stir until just slightly softened
9. about 5 minutes. Pour in tomatoes. Nestle chicken thighs into the mixture. Add stock and bay leaves. Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 15 minutes. Allow 10 to 15 minutes for pressure to build. Release pressure using the natural-release method according to manufacturer's instructions
10. 10 to 40 minutes. Unlock and remove lid. Transfer chicken thighs to a plate and remove skin
11. bones
12. and any cartilage. Shred into bite-sized pieces. Add shredded chicken back to the pot. Stir in black beans and lime juice. Tips You can use an onion in place of the shallots. You can use olive or avocado oil in place of the grapeseed oil. If using frozen chicken thighs
13. set cook time to 20 minutes.