



Easy Instant Pot Chicken Tortilla Soup

Contributor: *Seasonal Cravings*

Source *Seasonal Cravings*

 Prep time	 Total time	 Meal type	 Servings
25 minutes	25 minutes	Lunch, Dinner	6

Ingredients

- 1 (15 oz.) can black beans, *rinsed*
- 1 (14.5 oz.) can fire roasted diced tomatoes
- 1 (32 oz.) box chicken broth
- 1 onion, *diced*
- 3 cloves garlic, *diced*
- 3 tsp chili powder
- 3 tsp cumin, ground
- 1 tsp paprika
- 1 lb chicken breast boneless, skinless
- 1 tsp salt
- 1/2 tsp pepper
- 1/4 cup cilantro, fresh, *chopped*

Directions

Prep

1. Rinse black beans.
2. Dice onion and garlic. Chop cilantro.

Make

1. Turn Instant Pot to saute and add a drizzle of olive oil. Add diced onion and garlic and saute for three minutes.
2. Turn Instant Pot off and add all other ingredients including whole chicken breasts. Give it a stir and turn pot to High and set timer for 7 minutes. Place the lid on and lock it.
3. Let the pressure release naturally for 12 minutes or so then carefully remove lid. Remove chicken breasts to a cutting board and shred with two forks. Return to pot.
4. Stir soup and add more salt and pepper if necessary.
5. Serve with chopped cilantro, tortilla chips and diced avocado (optional).

Nutrition Facts

Nutrition Facts	
Amount per serving	
Calories	209
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat N/A	
Cholesterol 64mg	21%
Sodium 1454mg	63%
Total Carbohydrates 21g	8%
Dietary Fiber 7g	26%
Total Sugars 5g	
Protein 22g	
Vitamin D N/A	0%
Calcium 87mg	7%
Iron 4mg	24%
Potassium 707mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Notes

Disclaimer

Source: Nutrient data for this listing was provided by USDA Food Composition Database.

Each 'NA' indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only