

Marvelous Mexican Chicken Soup

This soup is full of flavor and so easy to make! Super quick and filling, this Mexican soup is creamy, spicy, healthy, and low carb.

INGREDIENTS:

Soup:

- 2 boneless skinless chicken breasts (about 1 1/2 pounds)
- 1 1/2 teaspoon salt
- 2 10-ounce cans tomatoes with green chiles
- 1 14.5-ounce can or package of organic chicken broth (I used bone broth as it's fantastic for your belly and much more)
- 1 medium onion chopped
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1-3 teaspoons chipotle pepper powder - 1 teaspoon for mild, 3 teaspoons for hot. I used canned chipotle peppers in adobe sauce.
- 1 teaspoon cumin
- 2 teaspoons chili powder
- 1 teaspoon dried oregano
- 1 teaspoon smoked paprika
- 2 zucchinis chopped or cut into 1/2" half moons
- 1 14-ounce can full-fat coconut milk or coconut cream whisked until smooth

Garnishes:

- fresh avocado slices
- red onions sliced thin
- fresh cilantro chopped
- coconut cream
- lime juice
- shredded cheese
- tortilla strips





Equipment Needed:

- Instant Pot or you can use a crock pot on high for 3 hours, low for 6

DIRECTIONS:

1. Sprinkle boneless skinless chicken breasts with salt. Add the chicken breasts to the Instant Pot. Add the remaining ingredients in order, through zucchini.
2. Secure the lid on the pot. Cook at high pressure for 18 minutes. Allow the pressure to naturally release for ten minutes, then use the manual release.
3. Pull out the chicken breasts and add coconut milk. Switch Instant Pot to Sauté mode and stir to combine. Dice chicken, then return it to the soup.
4. Serve hot, topped with garnishes of choice.