



Instant Pot Chicken Zoodle Soup



1/8th of recipe (about 1 cup): 103 calories, 2g total fat (0.5g sat. fat), 533mg sodium, 6g carbs, 1.5g fiber, 3g sugars, 14.5g protein

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Prep: 10 minutes **Cook:** 35 minutes

Cool: 10 minutes

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Ingredients

1 lb. raw boneless skinless chicken breasts
1/4 tsp. each salt and black pepper
6 cups reduced-sodium chicken broth
1 cup chopped onion
1 cup chopped carrots
1/2 cup chopped celery
2 tsp. chopped garlic
1/2 tsp. onion powder
1/2 tsp. ground thyme
2 bay leaves
10 oz. (about 2 small) zucchini
Optional seasonings: additional salt and black pepper

Directions

Place chicken in the Instant Pot, and sprinkle with salt and pepper.

Add all remaining ingredients *except* zucchini.

Seal with lid. Manual/Pressure Cook, and set for 8 minutes. (The Instant Pot will preheat for 20 - 25 minutes.)

Meanwhile, using a [spiral vegetable slicer](#), cut zucchini into spaghetti-like noodles. (If you don't have a spiral veggie slicer, peel zucchini into super-thin strips, rotating the zucchini after each strip.) Roughly chop for shorter noodles.

Press Keep Warm/Cancel. Caution: During the next step, keep hands and face away from opening; the fast-escaping steam will be hot!

Vent to release steam.

Remove and discard bay leaves. Transfer chicken to a large bowl. Shred with two forks.

Add zucchini noodles and shredded chicken to the Instant Pot. Re-cover and let sit for 8 minutes, or until noodles have slightly softened.

MAKES 8 SERVINGS

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