



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

Green Plan [SmartPoints](#)® value 1*

Blue Plan (Freestyle™) [SmartPoints](#)® value 0*

Purple Plan [SmartPoints](#)® value 0*

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

Cool: 10 minutes



More: [Lunch & Dinner Recipes](#), [Four or More Servings](#)

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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SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.

