

Instant Pot Mexican Chicken Soup

Yield: 4 min
Total Time: 22 min

Recipe from: <https://www.recipeschoose.com/recipes/instant-pot-mexican-soup-recipe>

Ingredients:

- 2 chicken breasts medium, boneless, skinless, about 1 pound
- 15 ounces black beans rinsed and drained
- 14 1/2 ounces diced tomatoes
- 7 ounces green chilies
- 1/2 medium red onion chopped
- 2 cups chicken stock
- 1 chipotle pepper in adobo medium
- 3 tablespoons tomato paste
- 1 tablespoon fresh cilantro chopped
- 2 teaspoons garlic powder
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 cup corn kernels
- tomato optional
- cilantro optional
- avocado slices optional
- sour cream optional

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 85 milligrams
4. Fat: 7 grams
5. Fiber: 11 grams
6. Protein: 45 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1280 milligrams

9. Sugar: 14 grams

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