

Instant Pot Italian Chicken and Tomato Soup

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-chicken-and-tomato-soup-recipe>

Ingredients:

- 1 1/2 pounds boneless chicken thighs skinless and
- 15 ounces tomato sauce
- 1 cup broth or water
- 1 1/2 teaspoons Italian seasoning
- 1 1/2 teaspoons salt adjust to taste
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon cayenne
- 1 medium zucchini chopped
- fresh basil leaves
- Parmesan
- ricotta cheese

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 150 milligrams
4. Fat: 30 grams
5. Fiber: 4 grams
6. Protein: 34 grams
7. SaturatedFat: 8 grams
8. Sodium: 1710 milligrams
9. Sugar: 11 grams

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