

INSTANT POT MEXICAN CABBAGE SOUP

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 2 pounds chicken shredded
- 1 cup water
- 1 head cabbage shredded or 2 bags of pre-shredded cabbage
- 1/2 red onion diced
- 1/2 cup salsa
- 32 ounces chicken broth
- 3 cups water
- 1/2 lime
- 1 teaspoon salt
- fresh cilantro OPTIONAL:
- 1 tablespoon cumin
- 1 tablespoon paprika
- 1 teaspoon oregano
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon chili powder

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 145 milligrams
4. Fat: 10 grams
5. Fiber: 7 grams
6. Protein: 54 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1380 milligrams

9. Sugar: 2 grams

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