



INSTANT POT CHICKEN NOODLE SOUP

Recipe from www.livesimply.me



Ingredients

3 Tbsp. butter	1 tsp dried basil
1 medium onion diced	8 cups chicken broth
2 large carrots diced	2 cups cooked chicken
3 celery stalks diced	8 oz. spaghetti noodles
5 garlic cloves minced	broken in half
1 tsp dried thyme	2-3 cups chopped spinach
1 tsp oregano	

Yield: 8 servings

Serving Size: 2 cups



Directions



Plug your Instant Pot in Pot in and push the "Sauté" button. The reading on the front will just say "On,"

Melt the butter in the Instant Pot. Once melted, add the onion, carrot, celery, and a big pinch of salt. Cook the veggies for about 5 minutes until they're soft and sweet.

Add the garlic, thyme, oregano, and basil. Cook for 1 minute.

Add the broth, chicken, and noodles, and turn off the Instant Pot so the sauté mode turns off. Put the lid on your Instant Pot, turn the vent valve to closed, and push the "Soup" button. Use the manual buttons (the +/- buttons) to bring the time down to 4 minutes. It will turn on automatically after a few seconds.

The Instant Pot will take about 10 minutes to come to pressure, and then it will count down the 4 minutes. When the 4 minutes is done, quick release your valve (use a towel or oven mitt to turn the valve). It will take 1-2 minutes to release all of the pressure.

After the pressure releases, take the lid off, stir in your chopped spinach to wilt, and more salt and pepper (to your taste). The soup is hot enough to wilt the spinach - no need to add more heat! Taste the soup, and add salt as needed (this will depend on your taste preference and broth flavor). Serve warm.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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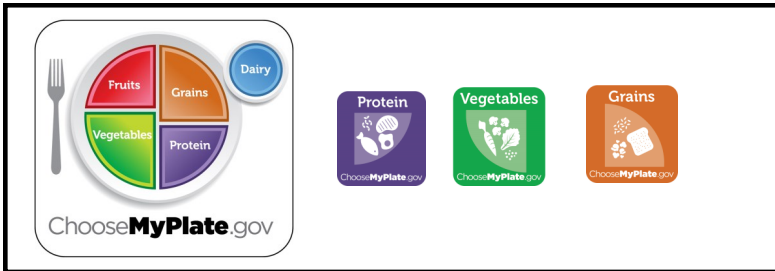
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Fast Facts



Featured Food Groups



Cooking Tips



Substitute beans instead of chicken and vegetable stock instead of chicken stock to make this recipe vegetarian.

Nutrition Facts

8 servings per container	
Serving size	2 cups
Amount Per Serving	
Calories	200
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 35mg	12%
Sodium 280mg	12%
Total Carbohydrate 31g	11%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 16g	32%
Vitamin D 0mcg	0%
Calcium 66mg	6%
Iron 2mg	10%
Potassium 631mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

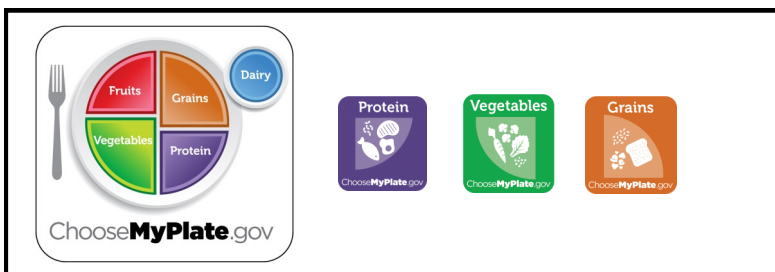
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Monounsaturated Fat 1g	
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Sodium 280mg	12%
Total Carbohydrate 31g	11%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
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