

# Chicken Enchilada Soup

Life with Sally

## INGREDIENTS:

2 -3 T Oil  
1 Large Onion - Diced  
3 Cloves of Garlic - Minced  
1 T Oregano  
1 T Cumin - can use taco seasoning as well  
3 Cooked Chicken Breast or combo of Thighs/Breast - Shredded  
7 oz can Fire Roasted Green Chiles 14.5 oz can of Diced Tomatoes with Juice  
2 cups Homemade or canned Enchilada Sauce  
4 cups Chicken Broth  
14.5 oz can of Black Beans (or Tri-Color Beans)  
14.5 oz can of Great Northern Beans  
14.5 oz can of Sweet Corn

## TOPPINGS:

Lime wedges  
Cilantro  
Radishes  
Sliced Olives  
Monterey Jack Cheese  
Sour Cream or Plain Yogurt  
Avocado slices  
Crushed Tortilla Chips

## INSTRUCTIONS:

(This recipe is written for Instant Pot but can also be used for stove top or slow cooker.)

Set Instant Pot to Saute - add 2 T oil and saute onion until translucent.

Then add garlic, oregano, and cumin and stir for a few seconds. (Do not let burn.)

Cancel Saute setting on Instant Pot.

Place the Chicken on top of the sauteed onions,

then add green chiles, tomatoes, broth, and enchilada sauce (or other seasoning you desire).

Place lid of Instant Pot to locked position and set valve to seal.

Set to Pressure Cook for 5 minutes.

\*It will take approximately 15 minutes to come to pressure before the 5 minutes will start on the Instant Pot.

Prepare the toppings for soup while chicken is cooking.

When timer goes off, turn off the Instant Pot and do a quick release of valve.

\*I use a spoon to tap valve open so my hand is out of the way of hot steam. You can also place a towel over valve so steam is contained. Open lid when pressure valve is down - this may take a few minutes.

Remove the chicken and shred for soup.

Place it back into the Instant Pot and add the rest of soup ingredients.

Stir to mix well and cover (Instant Pot should remain with power off) for 5 minutes or set to warm until ready to eat.

\*For a creamy enchilada soup you can add 1/2 cup sour cream to soup when you add ingredients after chicken is cooked.

Finish by using a ladle to place soup into bowl and garnishing to your liking with any toppings you like.

This soup is great for freezer meal as well - just saute onions, garlic, and spices and then place cooked chicken, sauteed mixture and the rest of soup ingredients into a freezer safe container.

Thaw in refrigerator overnight to reheat and use next day.