

# Instant Pot Mexican Chicken Fajita Soup

Hands-on 5 minutes Overall 25 minutes

**Nutritional values (per serving):** Total carbs: 10.2 g, Fiber: 2.6 g, **Net carbs: 7.6 g**,

Protein: 31.8 g, Fat: 35.9 g, Calories: 476 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 4 servings)

- 2 tbsp unsalted butter *or ghee* (28 g/ 1 oz)
- 1/2 small yellow onion, diced (35 g/ 1.2 oz)
- 1 medium red bell pepper, diced (120 g/ 4.2 oz)
- 2 cloves garlic, minced (6 g/ 0.2 oz)
- 1 can Rotel tomatoes & chilies *or* canned tomatoes (285 g/ 10 oz)
- 1 tbsp taco seasoning
- 2 chicken breasts, skinless (450 g/ 1 lb)
- 1 cup [chicken broth](#) (240 ml/ 8 fl oz)
- 2/3 cup + 1 tbsp cream cheese (170 g/ 6 oz)
- 1/2 cup heavy whipping cream (120 ml/ 4 fl oz)

## Toppings, to serve:

- 4 tbsp sour cream (48 g/ 1.7 oz)
- 1 jalapeño, thinly sliced (14 g/ 0.5 oz)
- fresh cilantro
- lime wedges

## Instructions

1. Place the butter in the [Instant Pot](#) and turn it to *Sauté*. Once hot add in the onion, pepper, garlic, and taco seasoning. Sauté until fragrant and slightly softened, about 3 minutes.
2. Add the chicken, canned tomatoes and broth to the pot, cover and turn to sealing. Set the Instant Pot to *Manual high* for 13 minutes.
3. After 13 minutes, manually release the pressure. Remove the chicken and shred, add the cream cheese and heavy cream to the soup and stir until creamy.
4. Add the chicken back in then divide between 4 bowls, top with desired toppings and serve.
5. Store in an airtight container in the refrigerator for up to 4 days.

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