

# Keto Instant Pot Chicken Enchilada Soup

Hands-on 10 minutes Overall 30 minutes

**Nutritional values (per serving, 1 3/4 cups/ 420 ml):** Total carbs: 12.9 g, Fiber: 4 g,

**Net carbs: 8.9 g**, Protein: 29.9 g, Fat: 10.7 g, Calories: 268 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



## Ingredients (makes 4 servings)

### Soup:

- 1 tbsp extra virgin olive oil
- 1 large yellow onion, diced (150 g/ 5.3 oz)
- 3 cloves garlic, minced
- 1 large red bell pepper, diced (158 g/ 5.6 oz)
- 1 large jalapeño, minced (35 g/ 1.2 oz)
- 240 ml sugar-free tomato sauce (8 fl oz)
- 1 tbsp chili powder
- 1 tbsp chipotle pepper in adobo sauce (15 g/ 0.5 oz)
- 2 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp white wine vinegar
- 1 tsp sea salt or pink Himalayan salt
- 1/2 tsp oregano
- 3 cups chicken broth (720 ml/ 3/4 quart)
- 1 lb chicken breasts (450 g)

### Optional toppings:

- diced avocado
- sliced jalapeno pepper
- sour cream
- minced cilantro

## Instructions

1. Drizzle the olive oil into the Instant Pot and set to *Sauté*. Add in the onion, garlic, bell pepper, and jalapeño pepper. Cook 3-4 minutes until soft.
2. In a small bowl, mix together the tomato sauce, vinegar, chipotle

chili, and spices. Pour into the pot.

3. Add in the broth and chicken and give it a stir. Put the lid on and reset to *Manual high pressure* for 20 minutes. At the end of 20 minutes, release the vent valve.
4. Remove the chicken and shred, add it back to the pot and give it a stir.
5. To serve, top with desired toppings.
6. Enjoy hot or let it cool down and store covered in the refrigerator for up to 4 days.

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