

The Best Instant Pot Chicken Noodle Soup

Hands-on 30 minutes Overall 2 hours

Nutritional values (per serving, 2 cups/ 480 ml): Total carbs: 8.1 g, Fiber: 3.1 g,

Net carbs: 4.9 g, Protein: 25.5 g, Fat: 13.6 g, Calories: 251 kcal,

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



Ingredients (makes 8 servings)

- 2.5 L water (about 10 cups)
- 2 chicken carcasses (*mine yielded 450 g/ 1 lb cooked chicken*)
- 1 tbsp fresh lemon juice or apple cider vinegar (15 ml)
- 2 packs [shirataki noodles](#) (400 g/ 14.1 oz)
- 2 medium carrots, sliced (142 g/ 5 oz)
- 1 1/4 cup chopped cauliflower (134 g/ 4.7 oz)
- 1 tsp [pink Himalayan salt](#) or to taste
- Optional:* giblets such as sliced heart and liver
- 1 1/4 cup chopped broccoli (114 g/ 4 oz)
- 2 celery stalks, sliced (70 g/ 2.5 oz)
- 1 small zucchini, diced (150 g/ 5.3 oz)
- 1 small red pepper, chopped (85 g/ 3 oz)
- small bunch dark leaf kale, stems removed, chopped (60 g/ 2.1 oz)
- 1 cup sliced white mushrooms (70 g/ 2.5 oz)
- 3/4 cup chopped green beans (75 g/ 2.7 oz)
- 2 bay leaves
- 3 whole allspice
- 4 tbsp freshly chopped parsley
- black pepper, to taste

Optional: For extra heat and flavour, add sliced chilies, minced garlic and/or grated ginger.

Note: A quick alternative would be to use [chicken broth](#) instead of water, and 450 g (1 lb) cooked chicken. To do that, skip step 1.,2. and 4. and follow the steps by simply cooking the vegetables directly in the prepared [chicken broth](#).

Instructions

1. Remove any giblets if they are inside the chicken carcasses. Add the chicken carcasses (plus neck if included), water and lemon juice into your [Instant Pot](#). Cover with the lid and turn to the locked

position. Set the vent valve to the *sealing position* and set the cooking to *Poultry*. When the cycle has finished, let the pressure release naturally (do not release the vent valve).

2. When the pressure has been released completely, open the Instant Pot. Using oven gloves, remove the bowl and set on a cooling rack until cool enough to strain the chicken broth into another pot.
3. Meanwhile, peel and chop all the vegetables.
4. Shred the meat off the bones. Discard the skin and bones (or freeze and use to make [bone broth](#)).
5. Prepare the shirataki noodles by [following the instructions in this post](#). You can skip the pan frying as this step is not necessary if you're using the noodles in a soup. All you need is to follow the first 2 steps.
6. Pour the chicken broth back into the [Instant Pot](#) and set it to *Sauté*. Once boiling, add the sliced carrots, chopped cauliflower, bay leaves, allspice, salt, and optionally sliced giblets. Cook for about 5 minutes. Add the remaining chopped vegetables and cook for 5 more minutes, or until the carrots are tender.
7. Finally, turn off the Instant Pot and add the prepared shirataki noodles, shredded chicken and parsley. Season with salt and pepper to taste. Discard the allspice and bay leaves.
8. Enjoy with more fresh parsley if desired. To store, let the soup cool down and refrigerate for up to 4 days, or freeze for up to 3 months.

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