

Chicken Soup in InstaPot

Soups in a pressure cooker are more aromatic and rich than in a conventional saucepan, vegetables, and meat retain all the nutrients. And the soup is prepared unusually easily and quickly. I always make it on Sunday and it lasts in the fridge for 3-5 days. Especially, it is great for feeding the whole family or when anyone gets sick.

Ingredients:

- Medium whole organic chicken
- 2 carrot (1 whole and 1 chopped)
- 1.5 onion (1 small onion whole and 1/2 onion chopped)
- 4 potatoes or parsnips
- a few sprigs of cilantro and parsley
- 1-2 cloves of garlic
- A few allspice seeds



Directions:

1. Wash the chicken thoroughly, and drain the moisture. Put the whole chicken into your InstaPot, add water, a few allspice seeds, a whole carrot, and a whole onion, and cover it with a lid. Close the lid according to the InstaPot directions.
2. Set the manual timer for 20 minutes. You can do the manual release after the timer goes off or a slow-release – depending on how much time you have.
3. While the broth and chicken are cooking, dice the potatoes, carrots, and onions, and cut bell peppers into strips, mince the garlic, chop the greens with a knife.
4. After the broth is ready – take out the chicken, let it cool a bit, and disassemble the meat from the bones. I save the chicken breast meat for the chicken salad to be used later during the week. The dark meat (thighs) goes into the soup. Put the dark meat and broth back into the InstaPot.
5. The final step is to add the diced vegetables into a pressure cooker, pour hot water, and add spices. Close the lid and set via the manual setting for 5 minutes. This way the diced veggies will be tender, but not mushy.

Ready soup can be garnished with chopped herbs or served with crackers or toast. Enjoy!