Chicken Tortilla Soup Recipe

Homemade chicken tortilla soup made with roasted salsa verde, black beans, and lots of veggies.

★★★★★
5 from 2 votes

Prep Time	Cook Time
30 mins	8 mins

Servings: 6 people Calories: 222.62kcal Author: Katie Wells

Ingredients

Soup

- 2 lbs chicken (diced)
- 1 medium onion (chopped)
- 3 cloves garlic (minced)
- 1 cup roasted salsa verde (or regular salsa)
- 1 (15 oz) can diced tomatoes
- 4 cups chicken broth
- 1 tsp cumin
- 1 tsp chili powder
- 1 tsp salt
- 1 (15 oz) can black beans (drained and rinsed, optional)
- 1 bell pepper (chopped)
- 1 medium zucchini (chopped)

Toppings (optional)

- tortilla chips
- avocado
- shredded cheese
- sour cream
- lime juice
- cilantro

Instructions

1. In the Instant Pot, combine the chicken, onion, garlic, salsa verde, diced tomatoes, chicken broth, cumin, chili powder, and salt.
2. Cook on high pressure for 8 minutes, with a quick pressure release when the time is up.
3. Turn on the saute function and stir in the black beans, bell pepper, and zucchini.
4. Cook, stirring occasionally, until the bell pepper and zucchini are tender.
5. Top with optional toppings and enjoy!

Notes

Easily make this in the Crock-Pot or on the stove using the same method as above, just simmer it until the chicken is cooked through. Cook time is about 4-6 hours on low for the Crock-Pot, or 20-30 minutes simmering on the stove.

Nutrition

Serving: 2cups | Calories: 222.62kcal | Carbohydrates: 9.02g | Protein: 17.65g | Fat: 12.78g | Saturated Fat: 3.47g | Cholesterol: 54.43mg | Sodium:

767.07mg | Potassium: 521.29mg | Fiber: 1.17g | Sugar: 5.04g | Vitamin A: 1122.17IU | Vitamin C: 35.59mg | Calcium: 29.54mg | Iron: 1.51mg

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