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INSTANT POT HOMESTYLE CHICKEN NOODLE SOUP

Serving Size: 2 Cups

INGREDIENTS

2 teaspoons olive oil
3 medium carrots (thinly sliced)
2 medium ribs or celery, leave discarded, thinly sliced
1 small onion
4 cups fat-free, low-sodium chicken broth
1 ½ pounds boneless, skinless chicken breasts
3 cups water
3 tablespoons fresh parsley, minced
½ teaspoon dried thyme (crumbled)
¼ teaspoon salt
¼ teaspoon black pepper
6 ounces dried no-yolk noodles

DIRECTIONS

1. Heat the oil in the instant pot or pressure cooker on sauté. Cook the carrots, celery, and onion for 3 minutes, or until the carrots and celery are tender and the onion is soft, stirring frequently. Stir in the broth, chicken, water, parsley, thyme, salt, and pepper.
2. Secure the lid. Cook on high pressure for 12 minutes. Allow the pressure to release naturally for 10 minutes, then quickly release any remaining pressure. Remove the pressure cooker lid.
3. Set the instant pot or pressure cooker to sauté. Heat until the soup comes to a simmer. Stir in the noodles.  for 8 to 10 minutes, or until the noodles are tender, stirring frequently.

Nutrition Information (Per 1 Serving): 282 calories, 30g protein, 27g carbohydrates, 3g dietary fiber, 4g sugar, 5g fat, 1g saturated fat, 73mg cholesterol, 324mg sodium