

FROM MY COUSIN DEANA:

### **Keto Chicken Enchilada Instant Pot 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)

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.

In a small bowl, mix together the tomato sauce, vinegar, chipotle chili, and spices. Pour into the pot.

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.

Remove the chicken and shred, add it back to the pot and give it a stir.

To serve, top with desired toppings.

Nutritional values (per serving, 1 3/4 cups/ 420 ml)

Total Carbs 12.9 grams

Fiber 4 grams

Net Carbs 8.9 grams

Protein 29.9 grams

Fat 10.7 grams

of which Saturated 3 grams

Calories 268 kcal

Magnesium 66 mg (17% RDA)

Potassium 1,102 mg (55% EMR)