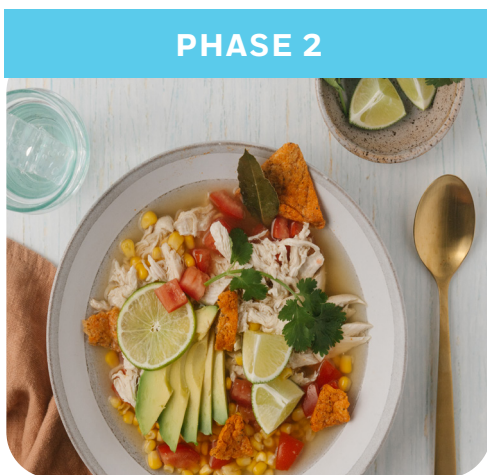


mexican-inspired tortilla soup

SERVES 1 • READY IN 25 MINUTES OR LESS



PHASE 2

Place broth, chicken, tomato, corn, salt, onion powder, garlic powder, and bay leaf in the Instant Pot or electric pressure cooker. Pressure cook on high for 7 minutes. Naturally release for 10 minutes.

Remove chicken and shred with a fork. Place back into the soup.

Serve soup garnished with avocado and cilantro with Dorados and lime on the side to add fresh while you eat.

Ingredients:

- 1 cup fat-free chicken bone broth
- 6-8oz chicken breast
- 1 roma tomato, deseeded and diced
- ½ cup frozen corn kernels
- ⅛ tsp salt
- ¼ tsp onion powder
- ¼ tsp garlic powder
- 1 bay leaf
- ¼ medium avocado, cubed, to garnish
- 1 tbsp chopped fresh cilantro, to garnish
- 3-4 Ideal Protein Dorados, to serve
- 1 lime, quartered, to serve



This recipe can easily be scaled up for family meals or future lunches.