

Eat Happy Kitchen
Anna Vocino

CHICKEN TACO SOUP

(Serves 6-8)

INGREDIENTS:

- 1-2 lbs boneless, skinless chicken thighs
- 2 tablespoons taco seasoning, (I use [EHK Taco Seasoning](#), you can use any one you want, or make it homemade from my recipe in [Eat Happy](#))
- 1/4 cup red salsa (check the label for no sugar added)
- 1 tablespoon olive oil
- 1 onion, chopped
- 1 red bell pepper, chopped
- 1 poblano pepper, chopped
- 1 teaspoon minced garlic
- 4 cups chicken broth
- 1 14-ounce can chopped tomatoes
- Salt and pepper
- Jalapeño slices, for garnish
- Chopped cilantro leaves, for garnish
- Sour cream, for garnish
- Chopped avocado chunks, for garnish
- Lime wedge, for garnish

INSTRUCTIONS:

CHICKEN TACO MEAT:

Place chicken thighs in [Instant Pot](#) or [Slow Cooker](#). Toss in 2 tablespoons of taco seasoning. Pour salsa over seasoned chicken.

If using Instant Pot, place lid on IP, set vent to sealing position and run on Manual setting 20 minutes, letting the Instant Pot fully pressurize and depressurize. When finished, shred chicken with two large forks or culinary claws. Set aside, reserving juices.

If using Slow Cooker, cook on high for 2-3 hours. When finished, shred chicken with two large forks or culinary claws. Set aside, reserving juices.

CHICKEN TACO SOUP:

In a large Dutch oven, stock pot, or Le Creuset, bring olive oil to medium high heat until shimmering. Add onion, bell pepper, and poblano, and cook until soft, about 3-4 minutes. Add in garlic and cook 1-2 minutes, being careful not to burn garlic.

Add chicken broth and can of tomatoes and bring to boil. Season with salt and pepper. Let cook 3-4 minutes, then add shredded chicken meat and reserved juices. Turn heat down and let simmer an additional 5-10 minutes. Season once more with salt and pepper

Serve soup garnished with jalapeño slices, chopped cilantro, a dollop of sour cream, chopped avocado, and a lime wedge.