

The Best Pressure Cooker Chicken Vegetable Soup!

(Paleo, AIP, Instant Pot)

- Prep time 15 mins
- Cook time 20 mins
- Total time 35 mins

This recipe is 100% compliant with the strict elimination phase of the Paleo Autoimmune Protocol (AIP).

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Recipe type: Soup

Cuisine: Paleo Autoimmune Protocol

Serves: 2½ quarts

Ingredients

- 1 ¼ pounds sliced carrots (about 6 large carrots)
- 1 pound sliced celery (about 1 large bunch)
- 1 pound sliced leeks (about 1 large leek), white and green parts
- 1 pound chicken breasts, cut into ½-inch pieces
- 3 tablespoons extra-virgin olive oil
- 2 teaspoons sea salt
- A handful of fresh thyme
- 2 quarts chicken broth



Instructions

1. Press the Sauté button on the Instant Pot, bring it to High, and add olive oil. When the pan is hot, add chicken and sauté for 5 minutes, stirring frequently. Cancel the sauté function.
2. Add vegetables, sea salt, thyme, and broth.
3. Close and lock the lid. Press Manual for High pressure. Set the cooking time to 15 minutes. Once the time is up, quick release the pressure.
4. Open the lid and discard thyme.
5. Check seasoning and adjust salt to taste. Serve hot. Makes great leftovers!

Notes

This recipe was made using a 6-Quart Instant Pot pressure cooker.