

Tex-Mex Chicken and Black Bean Soup

Adapted from <https://www.cookinglight.com/recipes/instant-pot-tex-mex-chicken-and-black-bean-soup>

Serves 8. (hopefully)

Ingredients

2 lb boneless skinless chicken thighs	4 cups unsalted chicken stock
1 15 oz can black beans	1 14.5 oz can unsalted diced tomatoes
1 chopped yellow onion	1 chopped bell pepper
1 15 oz can corn	3.5 oz chipotle chiles in adobo
3 cloves (tsp) minced garlic	4 tsp chili powder
1 tbsp cumin	1 tsp salt
½ tsp pepper	2 limes' worth lime juice
greek yogurt to serve	cilantro to serve

Directions

1. Combine chicken, stock, beans, tomatoes, onion, bell pepper, corn, chiles, garlic, chili powder, cumin, salt, and black pepper in Instant Pot. Cover with lid, and turn to manual. Turn lid valve to seal, and set to high pressure for 10 minutes.
2. Release valve with a towel (be careful of the pressurized steam), and release steam until it stops. Carefully uncover, and transfer chicken to a cutting board. Shred chicken into small pieces; return to Instant Pot. Stir in lime juice.
3. Divide soup evenly among 8 bowls. Top evenly with yogurt and cilantro.

Notes

Adapted from a recipe for 5. May need adjustment.