

# IP Chicken Enchilada Soup (also LF and GF)

adapted a lot from All Day I Dream About Food (blog) 2019



## Servings: 8

NOTES: I used a whole chicken (smaller sized one) but used the same 20-minute timing and it was cooked through just fine.

1. Place the chicken, tomatoes, onion, shallot, enchilada sauce, chiles, and seasonings in the bottom of an Instant Pot. Pour the broth overtop.
2. For the Instant Pot, seal the lid and make sure the vent is on seal. Set to the Soup Function for 20 minutes. Let the pressure release naturally for 15 minutes.
3. If you want to use a slow cooker, place the lid on and set to low for 6 to 8 hours or high for 3 to 4 hours.
4. When cooking is complete, remove the chicken to a plate, cool and shred the chicken meat. Remove about 1 cup of the hot broth to a bowl and whisk in the sour cream and creme fraiche, then whisk this combo back into the pot. Use an immersion blender to smooth out the soup. Add chicken to the pot.
5. Adjust seasonings to taste. Serve hot with grated cheese, chopped cilantro and chopped avocados.

2 pounds boneless skinless chicken thighs, or use chicken breast meat  
3 cups canned tomatoes, canned  
1 whole yellow onion, chopped  
1 medium shallot, peeled, minced  
1 package taco seasoning mix, or chili seasoning  
1 teaspoon ground cumin  
3 ounces chopped green chiles, canned  
10 ounces red enchilada sauce, Frontera brand if you can find it  
salt to taste, if needed  
3 cups chicken broth  
2/3 cup sour cream  
2/3 cup creme fraiche  
grated cheese, chopped cilantro and chopped avocado for garnish

*Per Serving (excluding unknown items): 308 Calories; 18g Fat (53.3% calories from fat); 24g Protein; 12g Carbohydrate; 2g Dietary Fiber; 123mg Cholesterol; 1110mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**