



Pressure Cooker Chicken Soup

Prep Time: 20 minutes

Total Time: 1 hour 10 minutes

Yield: 12- 10 ounce servings

Ingredients:

- 1 whole pasture-raised chicken (be sure to remove the bag containing gizzards inside)
- 4 ribs celery, diced
- 1 ½ cups carrots, diced
- 1 ½ cups mushrooms (optional)
- 1 medium onion, diced
- 3 cloves garlic, smashed and peeled
- 1 ½ tablespoon fresh sage
- 1 ½ tablespoon fresh thyme
- 1 ½ tablespoon fresh rosemary
- 4 teaspoons salt
- 8 cups water OR broth (reduce salt if using broth)

Directions:

1. Put the chicken, breast side up in the pressure cooker.
2. Add sage, thyme, rosemary, and salt on top of chicken.
3. Place celery, carrots, mushrooms, onion, and garlic on top of chicken.
4. Add water or broth on top of chicken.
5. Place lid to pressure cooker, seal completely, and cook on high pressure for 25 minutes.
6. When cooking is complete, wait 15 minutes then release the pressure valve.
7. Remove the chicken, take the meat off the bones. Add the chicken meat back to the soup. (You can save the bones to make bone broth if desired!)
8. Store your soup in the refrigerator for up to one week or in the freezer for up to 3 months.

Recipe adapted from:

Meowmeix.com

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per	281 g	Total Fat 2.3g	4%	Total Carbohydrates 3g	1%
1 serving (9.9 oz)		Saturated 0.6g	3%	Dietary Fiber 1g	4%
Calories 103		Trans Fat 0g		Sugars 1g	
From fat 20		Cholesterol 52mg	17%	Protein 17g	34%
		Sodium 853mg	36%		
		Calcium 4% • Iron 6%		Vitamin A 48% • Vitamin C 4%	

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* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.