

Simple Instant Pot Chicken Soup
Remedyhealthandwellness.com
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Ingredients

3 strips uncooked nitrate/nitrite free bacon cut in half (to make 6 strips)
3 garlic cloves peeled and minced
1/2 an onion peeled and chopped
2 TBS olive oil
2 pounds boneless organic chicken breasts
1 large zucchini chopped
2 carrots sliced and peeled
2 celery sticks sliced
1/2 cup white wine
4 cups water (or chicken broth)
2 tsp salt (reduce to 1 tsp if using chicken broth and not water)
1/4 tsp pepper
1/4 tsp turmeric
1/4 tsp paprika
2 bay leaves

Directions

1. Set [Instant Pot](#) on sauté
2. Pour in the olive oil
3. Lay the 6 halved strips of bacon on the bottom of the Instant Pot
4. Add the garlic and onion
5. Sauté the bacon, garlic, and onion about 3 minutes
6. Add the chicken and stir to coat. Sauté for another 3 more minutes.
7. Add the white wine
8. Reset the Instant Pot to Poultry and set (manual) time for 20 minutes.
9. Add all the rest of the ingredients to the Instant Pot
10. Cover with valve set to seal and cook
11. When finished, allow the pressure to release naturally.
12. Serve in a bowl and enjoy!