

Chicken Spinach Artichoke Soup



ingredients

- 2 tbsp onion powder
- 3 cloves garlic, minced
- 1 tbsp Himalayan sea salt
- 1 tsp fresh ground black pepper
- 3 large chicken breasts
- 1 14 ounce can artichoke hearts, drained and chopped
- 1 cup dairy-free mozzarella cheese
- 1 cup nutritional yeast
- 2 tbsp unsweetened almond milk
- 4 cups fresh spinach, chopped

instructions

Season and place chicken breasts into instant pot with 4 cups water and cook on pressure cook setting for 20 minutes.

In a large stock pot, place garlic, onion powder, and chopped artichokes.

Once chicken is finished cooking, shred with 2 forks and put into stock pot. Dump resulting broth from instant pot into stock pot. Add another 2 cups water and bring to boil. Add cheese and nutritional yeast and almond milk, stir until blended. Add salt and pepper. Add chopped spinach and simmer 30 minutes to cook artichokes through and blend flavors.

You could also make this just using the stock pot, using 6 cups of chicken broth, cook the chicken with seasonings, shred and then add the rest of the ingredients.

