

Low Carb Chicken Fajita Soup

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Servings: 8

Ingredients

- 2 1/2 lbs boneless skinless chicken thighs
- 2 quarts chicken broth
- 1 10- ounce can Ro-tel style diced tomatoes and green chiles
- 1 14.5 ounce can diced tomatoes
- 10 ounces frozen small cut seasoning blend see notes
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp garlic powder
- 1 tsp chile powder
- 3/4 tsp chipotle powder or more chile powder

Steps

Pressure Cooker Directions:

1. Place all of the ingredients in a pressure cooker. Seal and cook on high with the vent closed for 25 minutes (I used the soup setting on my Instant Pot).
2. Let the pressure naturally release on its own before opening the pressure cooker.
3. Remove the chicken thighs and shred, then return to the pot.
4. Serve with lime wedges, sour cream, shredded cheese, chopped cilantro and avocado, if desired.

Slow Cooker Directions:

1. Same as above in your slow cooker, but cook on high for 4 to 6 hours.

Notes

- Frozen "small cut seasoning blend" is simply a store-bought mix of frozen chopped onions, celery and peppers. I could not find this exact item so I simply used 1/4 of a large onion, chopped, 2 stalks of celery, chopped and a bag of frozen sliced peppers. Using less onion also kept the carb count down a bit.

