



# Ashley's Meal Prep Monday!



## Instant Pot Chicken Soup

### INGREDIENTS

3 TBSP avocado oil  
4 cloves garlic, minced  
1 medium yellow onion, chopped

1 cup chopped celery  
1 cup chopped carrots  
4 boneless/skinless chicken thighs or 2 chicken breasts  
¼ TSP dried rosemary

1 ½ TBSP chicken bouillon  
3 sprigs fresh thyme  
2 bay leaves  
4 cups chicken stock  
4 cups water  
1 cup long grain uncooked white rice  
juice of ½ lemon  
fresh parsley  
salt/pepper

Set instant pot to saute setting and allow to heat up. Heat olive oil and add garlic, cook for 1-2 minutes or until fragrant. Add chopped onion, carrots and celery. Cook, stirring until veggies are slightly tender - about 5 minutes.

Push veggies to the side and add chicken, dried rosemary and chicken bouillon. Stir well. Brown chicken on both sides for 10-15 minutes or until mostly cooked through.

Add bay leaves, thyme sprigs, chicken stock, water, and rice. Stir to combine. Turn instant pot valve to sealing position and set to pressure cook on high for 4 minutes. Once time has elapsed, allow to release naturally for 5 minutes then turn valve to vent and quick release.

Remove chicken pieces and shred then return to the pot. Remove bay leaves and thyme sprigs. Add lemon juice and chopped parsley and stir. Season with salt/pepper and enjoy!



Recipe Idea: [www.cheneetoday.com](http://www.cheneetoday.com)

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