

## NEVER GO BACK CHICKEN SOUP

Because after eating it, you'll never go back to the canned stuff!



1 T. olive oil  
½-1 c. sliced carrots  
½-1 c. sliced celery  
1 large diced onion  
2 cloves minced garlic  
5 bay leaves  
Salt and Pepper  
Whole Chicken  
8 c. water  
Cauliflower rice

Favorite Seasonings (I love thyme and oregano)

\*Substitute cauli rice for cooked rice or uncooked noodles.

\*A lot of these measurements are personal preference. Adjust as needed.

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1. Heat oil on the high sauté setting. Add veggies, minced garlic, 1 T. salt, and a pinch of pepper. Cook veggies until slightly softened.
2. Lay the chicken on top of the cooked veggies. Add 8 cups water (don't pass max fill line so it might be less), and bay leaves. Cook on high pressure for 20 minutes.
3. Remove the chicken from the instant pot with a pair of tongs. Set aside to cool for several minutes (or even place in fridge to speed things up.)
4. Turn instant pot back to sauté setting and bring soup to a boil. Add in herbs and frozen cauliflower. Cook until heated through about 4 minutes. (Follow same procedure if using uncooked noodles instead of cauli rice and cook until al dente.)
5. Using two forks (or your fingers), peel chicken off the bone and add bite-size pieces back into soup.
6. Add salt and pepper to taste and allow flavors to meld.

Enjoy!