



CHICKEN TORTILLA SOUP

Serves 8

Serving size: 1 cup

PREP: 10 minutes

COOK: 30 minutes

2 tsp. onion powder
 2 tsp. garlic powder
 1 tsp. cumin
 1 tbsp. coarse kosher salt
 1 tbsp. dried cilantro
 ½ tsp. black pepper
 3-lb./1.3 kg whole chicken,
 skin removed
 3 cups water
 6 plum tomatoes, quartered,
 seeds removed
 2 limes, juiced using
 Zest 'N Press® Gadget

1. In a small bowl, stir together onion powder, garlic powder, cumin, salt, cilantro, and black pepper; rub all over skinless chicken.
2. In the base of the Microwave Pressure Cooker, place chicken, breast side up. Add water to the max fill line, about 3 cups.
3. Place cover on Microwave Pressure Cooker, lock in place. Microwave on high power 20 minutes. Remove from microwave; let stand until pressure gauge is in the down position, about 15 minutes. Remove cover from Microwave Pressure Cooker. Insert an instant-read thermometer into the thickest part of the chicken; temperature should register 165° F/75° C and juices should run clear.*
4. Meanwhile in the base of the Power Chef® System, add tomatoes; cover and pull cord until tomatoes are roughly chopped.
5. Transfer chicken to a cutting board; shred meat from bones and return meat to Microwave Pressure Cooker. Stir in tomatoes and lime juice.
6. Ladle soup into serving bowls and garnish with avocado, fresh cilantro and tortilla chips.

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