



Chicken Taco Soup

This comforting veggie-packed soup offers **the delicious zesty flavors of a good taco**, only freezer-friendly with no assembly required!

If you've never made your own "pulled chicken," you're going to be amazed at how easy it is. Rich in **protein, fiber and healthy fats** - this soup is a perfectly balanced meal in a bowl. Simply serve with a handful of crunchy tortilla chips, and dig in!

If you'd like to enjoy a **plant-based version** of this recipe, we recommend using veggie stock and substituting 1 can of white beans (drained and rinsed, of course) for the chicken breast. White beans are creamy and delicious - plus a great source of iron!

CHICKEN TACO SOUP

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Prep 20 minutes **Cook** 40 minutes

Serves 4

- 2 Tbsp avocado oil
- 2 boneless, skinless chicken breasts (about 8 oz each)
- 1 can black beans, drained and rinsed (14.5oz/can)
- 1 can diced tomatoes (14.5oz/can)
- 2 carrots, diced
- 2 celery stalks, diced
- 1 small onion, diced
- 3 cloves garlic, minced
- 4 cups stock (chicken or veggie)
- 1 tsp ground cumin
- 1 tsp chili powder
- Salt & pepper, to taste
- 1 lime, juice only
- ¼ cup cilantro, fresh, roughly chopped
- 2 cups plain tortilla chips for serving

Directions:

- **If using an Instant Pot:** Set your Instant Pot to "Sauté" mode. Add oil, and once it's hot, add the diced onion, carrots, and celery. Sauté for 3-4 minutes until they begin to soften.
- Add the minced garlic and sauté for another 30 seconds until fragrant.
- Push the sautéed vegetables to the sides of the Instant Pot. Place the chicken breasts in the center. Season the chicken with ground cumin, chili powder, salt, and pepper. Pour the diced tomatoes and black beans over the chicken.
- Pour the stock into the Instant Pot, covering all the ingredients. Close the lid and set it to "Pressure Cook" on high for 8 minutes. Ensure the valve is set to "Sealing."
- Once the cooking time is up, allow for a natural pressure release for 5-10 minutes. Then, carefully release any remaining pressure using the quick release valve.

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Directions, continued:

- Open the Instant Pot and remove the chicken breasts. Use two forks to shred the chicken.
- Return the shredded chicken to the soup. Stir in the lime juice and adjust the seasoning with more salt and pepper if needed.
- **Stovetop directions:** In a large soup pot or Dutch oven, heat a drizzle of oil over medium heat. Add the diced onion, carrots, and celery. Sauté for 3-4 minutes until they begin to soften.
- Add the minced garlic and sauté for another 30 seconds until fragrant.
- Push the sautéed vegetables to the sides of the pot. Place the chicken breasts in the center. Season the chicken with ground cumin, chili powder, salt, and pepper. Pour the diced tomatoes and black beans over the chicken.
- Next, pour the stock into the pot, covering all the ingredients.
- Bring the mixture to a boil, then reduce the heat to low. Partially cover the pot and let it simmer for about 20-25 minutes, or until the chicken is cooked through and easily shreds.
- Remove the chicken breasts from the pot and use two forks to shred them.
- Return the shredded chicken to the pot. Stir in the lime juice and adjust the seasoning with more salt and pepper if needed.
- **To serve**, ladle the Chicken Taco Soup into bowls, garnish with fresh cilantro leaves, and serve with crunchy tortilla chips.



MESSAGE FROM OUR FOUNDER

Losing weight over 50 and lowering your high blood sugars, pressure and cholesterol is doable. With just a few simple switches and tiny tweaks you can see big results.

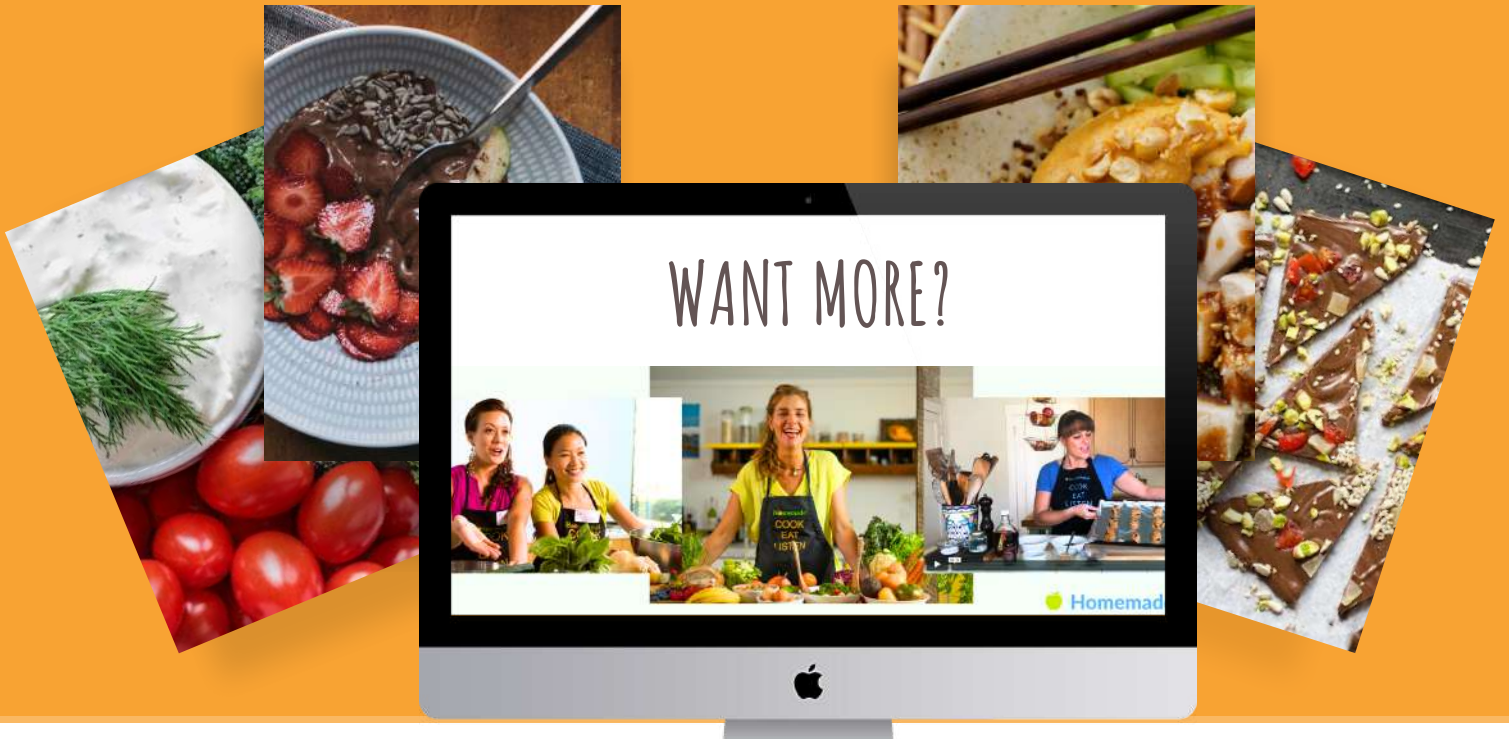
I know this because we've helped 25,000 women over 50 do this. And I've lost and maintained over 30lbs myself.

Don't waste another second of your life sitting on the sidelines or worrying about your future. Or worse still, putting your hopes into fads and diets that don't work.

Are you ready to get a healthy, energetic body - WITHOUT dieting?

It's your time.

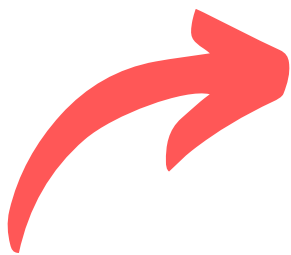
xo Anna



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"#SUCCESS: Dr visit this morning was pretty exciting! I've lost 27.5 lbs, dropped from size 16 to 10 which is already getting loose. And as of today I am OFF BP meds!"



MARGIE FRANKLIN

"I comfortably wore a skirt last week that was waaaay too tight on me 3 months ago. I feel different eating the Homemade Method way. I feel like I am more awake? More alert? More energy!"

CINDY SCHMELTZ

"OMG! OMG! OMG! I was newly diagnosed with Type 2 DM in Feb. I was in a panic, when I found and started this program! My A1c was 7.4 and weighed 227 lbs. I now weigh 197 and my A1c... was 5.4! I went from a sense of urgency and panic to a feeling of confidence and control!"

