



Chicken and Rice Soup Serves: 6-8

Ingredients:

- | | |
|--|--------------------------------------|
| 1 tablespoon olive oil | 1 teaspoon dried thyme |
| 3 boneless skinless chicken breasts, small diced | 1 cup long-grain rice |
| 1 onion, finely chopped | 4 cups chicken stock |
| 3 carrots, peeled and sliced | 1 (28-ounce) can diced tomatoes |
| 2 ribs celery, sliced | 1½ teaspoons salt |
| 3 cloves garlic, minced | Freshly ground black pepper to taste |
| | ¼ cup chopped fresh parsley |

Directions:

1. Press **“sear”**, set to 5 minutes, and then press **“start/stop”**.
2. Add olive oil and chicken to and brown chicken for about 5 minutes.
3. Add onions, carrots, celery, garlic and thyme and sauté for 2 minutes.
4. Add rice, chicken stock and tomatoes and season with salt and pepper.
5. Close lid and lock.
6. Press **“soup”**, set to 8 minutes, then press **“start/stop”**.
7. When done, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally.
8. Season with salt and pepper, garnish with celery and serve.