



# Instant Pot Broccoli Cheese Soup with Chicken



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## Introduction

Broccoli cheese soup is a comforting dish that is perfect for a chilly day. Combining the rich flavors of cheese with the nutritious benefits of broccoli, this Instant Pot broccoli cheese soup with chicken elevates the classic recipe to a new level. With its creamy texture and hearty ingredients, it makes for a satisfying meal that is both easy to prepare and enjoyable for the whole family.

## Detailed Ingredients with measures

- Chicken breasts - 1 pound
- Broccoli florets - 4 cups
- Chicken broth - 4 cups
- Cream cheese - 8 ounces
- Sharp cheddar cheese, shredded - 2 cups
- Onion, diced - 1 medium
- Garlic, minced - 3 cloves
- Olive oil - 1 tablespoon
- Salt - to taste
- Black pepper - to taste

## Prep Time

The preparation for this delicious soup takes approximately 10 minutes. This includes chopping the vegetables, dicing the chicken, and gathering all the ingredients needed for the cooking process.

## Cook Time, Total Time, Yield

The cook time for the soup is about 20 minutes. When combined with the prep time, the total time for this meal comes to approximately 30 minutes. This recipe yields about 6 servings, making it a great option for family dinners or meal prep for the week ahead.



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## Detailed Directions and Instructions

### Prepare the Chicken

1. Start by cutting the chicken breasts into bite-sized pieces.

### Saute the Chicken

2. Set your Instant Pot to the 'Sauté' function. Add a bit of oil, then add the chicken pieces. Cook until they are no longer pink, usually about 5-7 minutes.

### Add the Vegetables

3. Once the chicken is cooked, add chopped onions and minced garlic to the pot. Saute for another 2-3 minutes until the onions are translucent.

See also [Chicken Broccoli Rice Casserole](#)

### Incorporate Broccoli

4. Add fresh or frozen broccoli florets to the mixture in the pot.

### Add Liquid and Seasoning

5. Pour in chicken broth and sprinkle in seasonings like salt, pepper, and any other spices you prefer. Stir well to combine all ingredients.

### Pressure Cook

6. Seal the Instant Pot lid. Set it to 'Manual' mode and cook on high pressure for 5 minutes.

### **Release Pressure**

7. Once cooking is complete, perform a quick release of the pressure by turning the valve to “venting.”

### **Add Cheese and Cream**

8. After all the pressure is released and the lid is removed, stir in shredded cheese and heavy cream until well combined and creamy.

### **Serve**

9. Taste the soup and adjust seasoning if necessary. Ladle the soup into bowls and serve hot.

## **Notes**

### **Chicken Options**

- You can use rotisserie chicken as a shortcut; just shred it and add it after sautéing the vegetables.

### **Broccoli Choices**

- Fresh or frozen broccoli both work well in this recipe, but adjust cooking time if using fresh.

### **Cheese Variations**

- Cheddar cheese is commonly used but feel free to mix in other types like Monterey Jack or Gruyere for a different flavor profile.

### **Storing Leftovers**

- Refrigerate any leftover soup in an airtight container for up to 3-4 days. Reheat on the stove or in the microwave.

### **Thickening the Soup**

- For a thicker soup, consider adding a cornstarch slurry or more cheese to achieve your desired consistency.



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# Cook techniques

## Preparation of Chicken

Cook the chicken in the Instant Pot using the sauté function to give it a nice sear before adding other ingredients. This adds depth of flavor to the soup.

See also [Keto Big Mac Crunchwrap](#)

## Cooking Broccoli

Add the broccoli towards the end of the cooking process to maintain its crispness and vibrant color. This prevents it from becoming overly mushy.

## Creating a Creamy Texture

Blend some of the soup after cooking to create a creamy consistency. You can use an immersion blender or a standard blender.

## Using Cheese

Add shredded cheese at the end of the cooking process, allowing it to melt into the soup for a rich and delicious flavor.

## Seasoning Adjustment

Taste the soup before serving and adjust the seasonings as needed, including salt, pepper, or additional spices to enhance the flavor profile.

## Thickening the Soup

If the soup is too thin, you can thicken it by adding a cornstarch slurry

or mashing some of the broccoli into the soup.

## FAQ

**Can I use frozen chicken for this recipe?**

Yes, you can use frozen chicken. Just increase the cooking time to ensure it's thoroughly cooked.

**Can I substitute the cheese?**

Absolutely, you can use different types of cheese based on your preference, such as cheddar, gouda, or cream cheese.

**How can I make this soup vegetarian?**

You can omit the chicken and substitute vegetable broth for the chicken broth, along with any additional vegetables you prefer.

**Can I store leftovers in the fridge?**

Yes, leftovers can be stored in the refrigerator in an airtight container for up to 3 days.

**How do I reheat the soup?**

Reheat the soup on the stovetop or in the microwave until warmed through. Stir well to ensure even heating.

**Is this soup gluten-free?**

Yes, this soup can be made gluten-free by ensuring the chicken broth and any thickeners used are gluten-free.

See also Chocolate Chip Cookie Dough Bombs



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## Conclusion

This Instant Pot Broccoli Cheese Soup with Chicken is a delightful and comforting dish that combines the nutritious goodness of broccoli with the rich flavors of cheese and tender chicken. Its quick preparation in the Instant Pot makes it an ideal choice for busy weeknights, ensuring you enjoy a warm, hearty meal without spending hours in the kitchen. Perfect for families or anyone craving a satisfying bowl of soup, it's sure to become a regular in your meal rotation.

## More recipes suggestions and combination

### **Cheesy Cauliflower Soup**

A creamy and cheesy cauliflower soup offers a low-carb alternative while still providing a rich and comforting experience.

### **Chicken and Rice Soup**

Combine chicken with rice and vegetables for a hearty soup that is both filling and nutritious, perfect for meal prep.

### **Vegetable Cheese Soup**

A blend of mixed vegetables and cheese, this soup is a great way to sneak in extra nutrients while still indulging in that cheesy goodness.

### **Broccoli and Cheddar Stuffed Chicken**

For a twist, stuff chicken breasts with broccoli and cheddar cheese, then bake or grill for a delicious main dish.

### **Loaded Baked Potato Soup**

This soup offers all the flavors of a loaded baked potato, including cheese, bacon, and green onions, making it an indulgent treat.

### **Spicy Chicken Tortilla Soup**

Add some spice with tortilla chips, black beans, and corn for a zesty chicken soup that packs a punch.

### **Tomato Basil Soup**

A classic and refreshing option, this tomato basil soup pairs perfectly with a grilled cheese sandwich for a nostalgic meal.



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