

# Instant Pot Creamy Chicken Noodle Soup - 2018 version

- 3 large carrots (peeled and sliced (not too thin))
- 2 ribs celery (sliced)
- 1 cup chopped spinach
- 1 boneless skinless chicken breast (chopped (fresh or frozen))
- 1 teaspoon parsley
- 1 teaspoon salt
- 1/2 teaspoon thyme
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 4 cups low sodium chicken broth
- 1 cup short pasta (such as Ditalini or Orzo)
- 1 cup 1% milk
- 2 tablespoons corn starch

To the Instant Pot, add carrots, celery, spinach, chicken, parsley, salt, thyme, garlic powder, black pepper and chicken broth. Stir well.

Place the lid on the Instant Pot and turn the valve to sealing. Press Manual, leave on High pressure, and use the arrows to select a cook time of 4-5 minutes (4 minutes for veggies with more bite, 5 minutes for tender veggies). It will take about 10 minutes to come to pressure and start counting down.

When the cook time is over, turn the Instant Pot off. Do a quick release of the pressure and open the lid.

Turn the Instant Pot to saute and add the pasta. Cook and stir for 4-5 minutes until pasta is al dente.

Whisk together the milk and corn starch and stir into the soup -- it will thicken immediately and continue to thicken as it sits and cools. Serve