

Slow Cooker Chicken Tortilla Soup

Serving Size: 1 cup

Servings per recipe: 10

Ingredients:

- 1 pound skinless, boneless chicken breast
- 3 cups reduced-sodium chicken broth
- 2 Tablespoons Mexican Seasoning Blend (or substitute low-sodium taco seasoning)
- 1 15-ounce can kidney beans, drained and rinsed
- 1 15-ounce can black beans, drained and rinsed
- 1 16-ounce package frozen corn
- 1 16-ounce jar salsa
- 1 teaspoon shredded cheese (as garnish per bowl), optional
- 1 6-ounce container low-fat, plain Greek yogurt, optional



Directions:

1. Cut chicken breasts in half and place in 3-quart slow cooker.
2. Add chicken broth, Mexican Seasoning Blend, kidney beans, black beans, corn and salsa to the slow cooker..
3. Cook on low for six to seven hours or high for four hours.
4. Shred chicken into bite-sized pieces inside the slow cooker.
5. If desired, top individual servings with a pinch of shredded cheese and a dollop of yogurt.

Nutrition Facts: Serving Size – 1 cup, 210 Calories, 2.5g Total Fat, 23 calories from fat, 11% calories from Fat, -g Saturated Fat, 0g Trans Fat, -mg Cholesterol, 530mg Sodium, 30g Total Carbohydrate, 8g Dietary Fiber, -g Sugars, 19g Protein, -% Calcium, -% Iron, -% Vitamin A, -% Vitamin C

Source: North Dakota State University

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