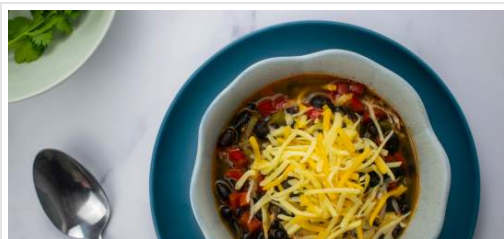


Slow Cooker Chicken Enchilada Soup

Prep Time: 10 Min Cook Time: 4 Hours, 30 Min Total Time: 4 Hours, 40 Min



SERVINGS: 8

Nutritional Facts

Serving Size: 1.25 cups (489g)

Amount Per Serving

Calories 226

Calories from Fat 25

% Daily Value*

Total Fat 3g 4%

Saturated Fat 1g 4%

Monounsaturated Fat 0g 0%

Polyunsaturated Fat 0g 0%

Cholesterol 30mg 10%

Sodium 1250mg 54%

Total Carbohydrate 31g 10%

Dietary Fiber 9g 36%

Sugars 6g

Protein 26g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 1 lb boneless skinless chicken breast
- 1/2 tsp cumin
- 1 tsp chili powder
- 1 tsp garlic powder
- 1/2 tsp salt
- 1 onion, diced
- 1 green pepper, diced
- 1 red pepper diced
- 3 cloves garlic, minced
- 10 oz canned diced tomatoes with green chiles
- 14 oz can enchilada sauce
- 6 cup low sodium chicken broth
- 1 tbsp tomato paste
- 28 oz can black beans, rinsed and drained
- 1/4 cup masa harina (or corn meal)
- 1/2 cup reduced fat shredded cheddar cheese

Directions

- 1 Add the chicken breast, cumin, chili powder, garlic powder, garlic cloves, salt, onion, peppers, tomatoes with green chiles, enchilada sauce, chicken broth, and tomato paste to the slow cooker.
- 2 Cook on low for four hours. Remove the chicken and shred with 2 forks. Return to soup and add the beans.
- 3 Mix the masa harina (corn meal) with 1/4-1/2 cup of water (more if needed) until smooth. Add to the soup and let cook for 30 more minutes. Top with 2 tbsp. cheese. You can also stir it in depending on your preference.

Notes

