

# Crock-Pot Chicken Tortilla Soup

Serves: 8

## Ingredients

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- 1 1/2 lbs chicken breast
- 1 (15oz) can tomatoes
- 1 can Rotel Tomatoes
- 1 (10oz) can enchilada sauce
- 1 medium onion, chopped
- 1 garlic clove, minced
- 1 (4oz) can chopped green chilies
- 4 cups chicken broth
- 1 tsp each: cumin, chili powder, sea salt
- 1/4 tsp black pepper
- 1 bay leaf
- 1 (10oz) pkg frozen corn (adjust to your liking)
- 1 (15oz) can black beans, rinsed & drained (optional)
- 1/4 cup chopped fresh cilantro
- Baked tortilla chips

## Directions

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- In crock-pot combine all ingredients except the cilantro and chips.
- Cover and cook on low setting for 6-9 hours.
- Remove chicken and shred between two forks and return to crock pot..

## Notes

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Top with cilantro, avocado, shredded cheese and crumbled tortilla chips.

Prepare a salad to serve along with it.



NUTRITIONAL INFORMATION (per serving)  
Calories 162 | Total Fat 3g | Carbohydrates 12g | Protein 18g | Sugar 6g

