

# SLOW COOKER ENCHILADA SOUP

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Serves 6

## INGREDIENTS

- 1 pound boneless chicken breast
- 2 cups low-sodium chicken broth
- 1 (10 ounce) can red enchilada sauce
- 1 (16 ounce) bag of frozen corn
- 1 (14 ounce) can of black beans, no-salt-added, rinsed
- 1 (14 ounce) can fire-roasted tomatoes, with juice
- 1 medium white onion, peeled and chopped
- 2 teaspoons cumin
- 1/2 teaspoons black pepper



## DIRECTIONS

1. Add all ingredients into slow cooker.
2. Stir to combine.
3. Cook on low for 6-8 hours or high 3-4 hours.
4. Use two forks to shred chicken.
5. If desired, top with cheese, avocado, jalapeño, Greek yogurt (in place of sour cream), and/or fresh cilantro.
6. If freezing, let cool completely and store in a freezer-safe container. Avoid filling the container to the top because liquid will expand during freezing.

## NUTRITION INFORMATION PER SERVING (1/6 of recipe)

Calories: 223, Total Fat: 3g, Saturated Fat: 1g, Sodium: 417mg, Carbohydrate 31g, Fiber: 8g, Added Sugar: 0g, Protein: 18g

**SOURCE** Brooke Butterworth, 2016-2017 Vanderbilt Dietetic Intern

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