



Slow Cooker Chicken Tortilla Soup

8 servings

Planning meals saves you time and money. Start by planning the meal your family eats together the most. Plan the main dish first and then add other foods.

- 3 chicken breasts, boneless, skinless
- 2 (14.5 ounce) cans diced tomatoes with mild green chilies
- 2 (15 ounce) cans black beans, rinsed and drained
- 1 (15 ounce) can tomato sauce, no salt added
- 1 (4 ounce) can green chilies
- 1 cup salsa
- 1 cup frozen corn (optional)
- Cheese, shredded (optional)
- Cooked rice or corn chips (optional)
- Fresh cilantro, gently rubbed under cold running water, chopped (optional)
 - 1. Wash hands with soap and water. Spray slow cooker bowl with non-stick cooking spray.
 - 2. Place chicken breasts in bottom of slow cooker. Wash hands with soap and water after handling uncooked chicken.
 - 3. Add tomatoes, black beans, tomato sauce, green chilies, salsa, and corn, if desired. Gently mix.
 - 4. Cook on low for 8-10 hours or on high for 4 to 6 hours and until internal temperature of the chicken reaches 165 °F as measured with a food thermometer.
 - 5. Thirty minutes before serving, remove chicken breast and shred. Return chicken to slow cooker and stir. Optional, serve over rice or top with cheese, tortilla chips or cilantro.
 - 6. Store leftovers in a sealed container in the refrigerator for up to 4 days.

Nutrition Information per Serving: (1/8 of recipe) Calories 230, Total Fat 2g, Saturated Fat 0.5g, Protein 23g, Total Carbohydrate 32g, Dietary Fiber 10g, Sodium 845mg.

Recipe Source: Nebraska Extension

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