

MOT more of this
LOT less of that

Chicken Tortilla Soup

A favorite, broth-y, flavorful slow cooker soup that lends itself to lots of great toppings!

Serves: 4

Prep time: 20 minutes; Cook time: 5-6 hours

Ingredients

- 3 chicken breasts boneless, skinless
- 3 cups chicken broth
- 2 bell peppers, diced
- 1 jalapeño diced and seeded
- 1 can diced tomatoes
- 14 ½ ounces can black beans rinsed & drained
- 1/2 onion chopped
- 1 clove garlic minced
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 cup shredded cheddar cheese
- ¼ cup cilantro chopped (optional)
- 1 avocado sliced, for garnish
- Tortilla chips

Instructions

1. Add all ingredients to slow cooker except for cheese, cilantro, avocado and tortilla strips.
2. Cook on high for 3-4 hours, or low for 5-6 hours.
3. Remove chicken and shred and add back to pot to keep warm .
4. Spoon into bowls and and top with tortilla strips, shredded cheese and sliced avocado.

Mary-Beth says: *"Serve with a mixed green salad to increase the nutrient density of the meal. You can use cooked chicken; just shred and add to soup at the end."*