



CROCKPOT CHICKEN TORTILLA SOUP

PREP TIME: 15 minutes **SERVINGS:** 12

INGREDIENTS

- 1 ½ pounds boneless, skinless chicken breasts (about 2-3 breasts)
- 2 (14.5 oz.) cans diced tomatoes (no salt added), un-drained
- 2 cups unsalted chicken stock
- 1 (14.5 oz.) can black beans (no salt added), drained and rinsed
- 1 (10 oz.) can diced tomatoes with green chilies (no salt added), un-drained
- 1 cup frozen corn
- 1 cup white onion, diced
- 2 cloves garlic, minced
- 2 teaspoons salt-free southwest seasoning
- 1 teaspoon salt
- 1 cup corn tortilla strips or chips
- 1 lime, cut into 8 wedges

Optional toppings: shredded cheese, diced onion, avocado, fat-free plain Greek yogurt, cilantro.

INSTRUCTIONS

Dice onions. Mince garlic. Toss all ingredients for soup into crockpot and stir. Secure the lid and cook on low for 6-8 hours.

Once the soup is almost done, use a large spoon to pull the chicken apart into smaller pieces. If needed, carefully remove the chicken and piece apart with two forks and return to soup.

Dish soup into bowls and top with a few tortilla strips and your choice of toppings. Complete the dish with a lime wedge.

NUTRITION INFORMATION

Each serving contains approximately 204 calories, 2.8 g fat, 25 g carbohydrates, 4.6 g fiber, 23 g protein, 1.8 g sugar and 342 mg sodium.

Source: theskinnyfork.com