

Crockpot Chicken Enchilada Soup

Adapted slightly from Dainty Chef blog

From my friend Linda T, and she got it from her daughter Kristin T.



3 tablespoons butter
3 tablespoons flour
1/2 cup chicken broth
2 cups 2% low-fat milk, DIVIDED USE
10 ounces enchilada sauce
15 ounces black beans, rinsed and drained
14 1/2 ounces Rotel diced tomatoes and jalapenos, *see Note
10 ounces frozen corn
1/2 cup yellow onion, chopped
1/2 cup bell pepper, diced, your choice of color
2 whole boneless skinless chicken breast halves
1 cup Monterey jack cheese, shredded
1 cup baked tortilla chips, crushed
1/2 cup green onions, diced
1/2 cup avocado, sliced (optional)
1/2 cup cilantro, chopped
Sour cream for garnish, if desired

Servings: 7

Rotel tomatoes are very hot - if you want to tone it down, used canned tomatoes and add canned green chiles or jalapeno peppers to suit your heat tolerance. If you have a source (a Mexican restaurant) that makes their own enchilada sauce, it might be worth finding it. A good, thick sauce makes a big difference.

1. Melt butter in a saucepan over medium-low heat. Stir in flour; keep stirring until smooth and bubbly. Remove from heat and add the chicken broth and $\frac{1}{2}$ cup milk, a little at a time, stirring to keep smooth. Return to heat. Bring sauce to a gentle boil; cook, stirring constantly, until it thickens. In a large bowl, whisk together the enchilada sauce and chicken broth mixture. Gradually whisk in remaining milk until smooth. Set aside.
2. In a crockpot, combine drained beans, tomatoes, corn, onion, and bell pepper. Place the chicken breasts on top of the mixture. Pour sauce mixture over ingredients in cooker. Cover; cook on low heat for 6-8 hours or on high for 3 to 4 hours.
3. When you are ready to serve, remove chicken and cut or shred into bite-sized pieces. Add chicken back into the soup, mix together. Top with cheese and serve. Use your choice of toppings: avocado, chopped green onions, sour cream, cilantro and crushed tortilla chips.

Per Serving (excluding unknown items): 524 Calories; 19g Fat (32.0% calories from fat); 31g Protein; 61g Carbohydrate; 12g Dietary Fiber; 66mg Cholesterol; 541mg Sodium. Exchanges: 3 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 3 Fat.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>