

Slow Cooker Chicken Tortilla Soup - Pioneer Woman's

Adapted slightly from Pioneer Woman, 2015



Servings: 10

1. Place the chicken in the slow cooker. Sprinkle on the chili powder, cumin, and salt and pepper. Add the onion, bell pepper, tomatoes, chicken broth, tomato paste, chipotle, and black beans. Stir, place the lid on the slow cooker, and cook on high for 5 hours (or 8 hours on low.) Stir in the lime juice.
2. Using 2 forks, break up the chicken into chunks (or you may shred it more fine). Once chicken is broken up it will mostly disintegrate in the soup, so be gentle with the cutting and stirring from that point on. Taste and add more salt if the soup needs it.
3. Serve it piping hot in a bowl with avocado, sour cream, green onions, grated cheese crushed tortilla chips, and cilantro leaves on top!

6 boneless skinless chicken breast halves
1 tablespoon chili powder
2 teaspoons ground cumin
Salt and Pepper, to taste
1 medium onion, chopped
1 whole red bell pepper, seeded, chopped
1 whole yellow bell pepper, seeded, chopped
28 ounces diced tomatoes, with juice
15 ounces Rotel canned tomatoes with chiles
4 1/2 cups low-sodium chicken broth
4 ounces tomato paste
1 whole chipotle chile canned in adobo
15 ounces canned black beans, drained, rinsed
1 whole lime, juiced (and more to serve with each bowl if desired)
Toppings: sour cream, avocado, chopped cilantro, grated cheddar, green onions and tortilla chips

Per Serving (excluding unknown items): 178 Calories; 3g Fat (13.4% calories from fat); 26g Protein; 18g Carbohydrate; 5g Dietary Fiber; 41mg Cholesterol; 373mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 2 Vegetable; 0 Fruit; 0 Fat.

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