

Slow Cooker Chicken Tortilla Soup

Servings: 6

RECIPE BOX

INGREDIENTS

1 MEDIUM ONION, DICED
2 CLOVES GARLIC, MINCED
2 CUPS SHREDDED CHICKEN
1 CUP FROZEN ORGANIC CORN
30 OZ. LOW SODIUM CHICKEN BROTH
2 TSP OLIVE OIL
1 TSP WORCESTERSHIRE
1/2 TSP CHILI POWDER
1 TSP CUMIN
1 CAN FIRE ROASTED TOMATOES
2-3 TBSP TOMATO PASTE OR 1 CAN
TOMATO SOUP
AVOCADO OR SOUR CREAM (AS
TOPPINGS)
BAKED LENTIL CHIPS (AS TOPPINGS)



DIRECTIONS

STEP 1: Sauté onion and garlic in olive oil.

STEP 2: Place all ingredients in Slow Cooker. Cook on low 2-4 hours.

*If you don't have prepared shredded chicken - I prefer a store bought organic rotisserie chicken, or I bake 2 large chicken breasts (covered with parchment paper) at 350 F for 25 minutes, topped with Flavor God Everything Spicy.

STEP 3: Top each serving with ¼ sliced avocado or sour cream and 10 crispy chips such as a baked lentil chips.



Recipe is gluten free as written.



Replace shredded chicken with chopped zucchini.

Nutrition per Serving: Calories 200, Fat 9g, Carbs 14g, Fiber 5g, Sugars 6g, Protein 18g

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