



Chicken Enchilada Soup

SERVING SIZE: 1 cup
SERVINGS: 12
PREPARATION TIME: 10 minutes
COOK TIME: 4 hours

INGREDIENTS:

- 1 12.5 ounce can chicken breast
- 4 cups water
- 2 15-ounce cans black beans, rinsed and drained
- 2 10-ounce can diced tomatoes and green chilies
- 1 15-ounce can whole-kernel corn, drained and rinsed
- 1/2 teaspoon garlic powder
- 3 Tablespoons onion flakes or 1 medium chopped onion
- 1/4 teaspoon chili powder



DIRECTIONS:

1. Add all ingredients to a crock pot or large slow cooker, and stir to combine. Cook for 3-4 hours on high heat or 6-8 hours on low heat.
2. Serve warm, with optional garnishes.

RECIPE TIPS:

- Substitute frozen corn for canned.
- Drain and rinse canned vegetables or use a low sodium version.
- Garnish with sliced avocado, diced red onion, shredded cheese, or sour cream.
- Refrigerate for up to 5 days or freeze for up to 3 months.
- Add more chili powder or cayenne pepper for more heat!

NUTRITION FACTS:

| Amount Per Serving | |
|-----------------------------|------------|
| Calories | 135 |
| Total fat | 1.5g |
| Saturated fat | 0g |
| Cholesterol | 15mg |
| Sodium | 426mg |
| Total Carbohydrate | 18g |
| Fiber | 6g |
| Sugar | 2.75g |
| Includes 0g of Added Sugars | |
| Protein | 6g |
| Phosphorus | 102mg |
| Potassium | 267mg |

EQUIPMENT NEEDED:

- Slow cooker or crockpot
- Measuring cups
- Measuring spoons
- Can opener
- Strainer

Recipe submitted by Mount Mary University Dietetics Department
Additional recipes available at: healthyshelves.org