

Healthier Slow Cooker Chicken Tortilla Soup

Adapted from allrecipes.com

Ingredients:

1 pound boneless, skinless, chicken breasts cut into strips
 1 (15 ounce) can whole peeled tomatoes, mashed or 1 can diced tomatoes
 1 (10 ounce) can enchilada sauce or ¼ cup chili sauce
 1 can black beans
 2 cloves garlic, minced
 2 cups water
 1 (14.5 ounce) can reduce sodium chicken broth
 1 teaspoon cumin
 1 teaspoon chili powder
 1 teaspoon salt; ¼ teaspoon black pepper
 1 (10 ounce) package frozen corn
 1 Tablespoon chopped cilantro (optional)
 7 corn tortillas
 Cooking spray

Tips & Facts:

- ✓ Use fresh chilies instead of canned
- ✓ Use your own favorite herbs
- ✓ For less sodium, drain beans for 1 minute, then rinse 1 minute and drain again.

Nutrition Facts (per serving):

Calories: 208 cal; Carbohydrates: 23g; Total Fat: 6.8g; Protein: g; Fiber: 3.9g; Cholesterol: 43mg; Sodium: 438mg



Directions:

1. Place chicken, tomatoes, enchilada sauce, onion, beans and garlic in slow cooker. Pour in water and chicken broth. Season with cumin, chili powder, salt and pepper.
2. Stir in corn and cilantro.
3. Cover and cook on low 6 to 8 hours or high for 3 to 4 hours.
4. Preheat oven to 400 degrees
5. Lightly coat both sides of tortillas with cooking spray. Cut tortillas into strips, then spread on baking sheet.
6. Bake in preheated oven until crispy-10-15 minutes. Sprinkle tortilla strips over soup.

Cost Analysis

Ingredients	Cost of Ingredients	Cost of Quantity Needed for Recipe
Chicken breasts	\$1.99/lb.	\$1.99
Whole, peeled tomatoes	1.99/28 ounces	\$1.05
Enchilada sauce	\$2.59/ 10 ounces	\$2.59
onion	3 pounds \$2.00	.10
Black beans	.69 can	.69
garlic	.50/head	.10
Chicken broth	\$1.00/14.25 ounces	1.00
Cumin	2.99/ 2 ounces	.24
Chili powder	2.29/2.25 ounces	.15
Corn	\$1.89/ 10 ounces	1.89
tortillas	.99/ 12 ounces	.43
TOTAL	\$18.92	\$10.23
		Cost per Serving: \$1.27