

Slow-Cooker Chicken Enchilada Soup (Serves 6)

Recipe from Skinnytaste

Ingredients:

Soup:

- 2 tsp. olive oil
- 1/2 cup chopped onion
- 3 garlic cloves, minced
- 3 cups chicken broth
- 1 (8-ounce) can tomato sauce
- 1 to 2 tsp. chipotle chile in adobo sauce, chopped
- 1/4 cup chopped fresh cilantro
- 1 (15-ounce) can black beans, rinsed and drained
- 1 (14.5-ounce) can petite diced tomatoes
- 2 cups frozen corn kernels
- 1 tsp. ground cumin, plus more to taste
- 1/2 tsp. dried oregano
- 1 pound boneless, skinless chicken breasts

Toppings:

- 3/4 cup shredded reduced-fat cheddar cheese
- 1/4 cup chopped scallions
- 1/4 cup chopped fresh cilantro
- 1 medium (4 ounces) Haas avocado, sliced
- 6 Tbsp reduced-fat sour cream (optional)

Directions:

1. For the soup: In a medium nonstick skillet, heat the oil over medium heat. Add the onion and garlic and cook, stirring, until soft, about 3 minutes. Add to the slow-cooker along with the broth, tomato sauce, chipotle in adobo, cilantro, beans, tomatoes, corn, cumin, and oregano. Add the chicken breasts. Cover and cook on low for 4 to 6 hours.
2. Remove the chicken, shred it with two forks, and return it to the slow cooker.
3. For the toppings: To serve, ladle into 6 serving bowls and dividing evenly, top each with 2 Tbsp of cheddar, scallions, cilantro, avocado, and sour cream (if using).

www.melissalikestoeat.com