

Crock Pot Chicken Enchilada Soup

7 Smart Points 368 calories



Read more at <http://www.skinnytaste.com/crock-pot-chicken-enchilada-soup>

Prep Time: 10 minutes

Ingredients:

- 2 tsp olive oil
- 1/2 cup onion, chopped
- 3 cloves garlic, minced
- 3 cups less sodium chicken broth
- 8 oz can tomato sauce
- 1-2 tsp chipotle chili in adobo sauce (or more to taste)
- 1/4 cup chopped cilantro (plus more for garnish)
- 15 oz can black beans, rinsed and drained
- 14.5 oz can petite diced tomatoes
- 2 cups frozen corn
- 1 tsp cumin
- 1/2 tsp dried oregano
- 2 skinless chicken breasts (16 oz total)

For topping:

- 3/4 cup shredded part skim cheddar cheese
- 1/4 cup chopped scallions
- 1/4 cup chopped cilantro
- 4 oz (1 small) haas avocado, diced
- 6 tbsp reduced fat sour cream, optional

Directions:

1. Heat oil in a saucepan over medium-low heat. Add onion and garlic and sauté until soft, 3-4 minutes. Slowly add the chicken broth, tomato sauce and chipotle adobo sauce and bring to a boil. Add cilantro and remove from heat. Pour into crock pot.
2. Add the drained beans, diced tomatoes, corn, cumin, oregano and stir. Add the chicken breasts; cover and cook on low heat for 4-6 hours.
3. Remove chicken and shred with two forks. Add chicken back into the soup, adjust salt and cumin to taste. Serve in bowls and top with cheese, avocado, scallions and cilantro. Also great with sour cream or crushed tortilla chips. Enjoy!

Nutrition Information

Yield: 6 Servings, Serving Size: 1 1/2 cups

- **Amount Per Serving:**
- Smart Points: 7
- Points +: 8
- Calories: 368
- Total Fat: 12g
- Saturated Fat: g
- Cholesterol: 58mg
- Sodium: 821mg
- Carbohydrates: 28g
- Fiber: 8.5g
- Sugar: 6g
- Protein: 31g