



Chicken Tortilla Soup

MyPlate2Yours - Lynn Dugan

Ingredients

1 pound boneless, skinless chicken breast
2 tablespoons olive oil
2 teaspoon chili powder
1 jalapeno pepper, seeded and diced
1 onion, cut into eighths
1 clove garlic, minced (about 1 teaspoon)
1-1/2 cups corn from cob (or 1 can sweet corn)
1 can fire roasted (15 ounce) canned tomatoes
4 cups chicken broth
1 teaspoon oregano
2 corn tortillas, torn into 1-inch pieces
1 can (15 ounce) black beans, drained and rinsed
Salt to taste

Garnishes: non fat plain Greek yogurt (or light sour cream), shredded Chihuahua cheese, sliced avocado, fresh lime.

Directions

Heat oil in slow cooker set at 400 degrees on 'Sauté'. Add pepper, onions, garlic and corn, sauté for a few minutes. Add chili powder and stir to coat vegetables and heat until chili powder is fragrant. Place chicken on top of veggie. Add tomatoes, broth, oregano and tortillas. Adjust slow cooker setting to low, cover and cook for 7-8 hours. (Or set on high for 5-6 hours). At the end of cooking, remove chicken breast to a plate. Add black beans to the slow cooker to heat while shredding the chicken with two forks. Add shredded chicken back to pan. Serve soup in bowls topped with garnishes. Enjoy!