



# A COOK'S COMPANION

(718) 852-6901 • 197 Atlantic Ave



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## **Slow-Cooker Chicken Enchilada Soup**

Serves 6

Call me lazy, but I love a meal that can pretty much cook itself. I also love turning classic meals into a hearty bowl of soup, and the slow cooker allows me to do both. For this dish, I took my standard chicken enchilada recipe and threw the ingredients into a slow cooker. What emerged a few hours later was this delicious, chunky soup that I topped with cheese, scallions, cilantro, and avocado. If I don't have avocado, I add a touch of light sour cream or crushed chips on top. It's everything I love about enchiladas in one neat bowl!

### **SOUP:**

- 2 teaspoons olive oil
- 1/2 cup chopped onion
- 3 garlic cloves, minced
- 3 cups Swanson 33% less sodium chicken broth\*
- 1 (8-ounce) can tomato sauce
- 1 to 2 teaspoons chipotle chile in adobo sauce, chopped
- 1/4 cup chopped fresh cilantro
- 1 (15-ounce) can low-sodium black beans, rinsed and drained
- 1 (14.5-ounce) can petite diced tomatoes
- 2 cups frozen corn kernels
- 1 teaspoon ground cumin, plus more to taste
- 1/2 teaspoon 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) Hass avocado, slice
- 6 tablespoons reduced-fat sour cream (optional)

*\*Read the label to be sure this product is gluten-free.*

**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.

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Remove the chicken, shred it with two forks, and return it to the slow cooker.

***For the toppings:*** To serve, ladle into 6 serving bowls and dividing evenly, top each with 2 tablespoons of cheddar, scallions, cilantro, avocado, and sour cream (if using).

### ***Nutrition Information:***

Per Serving: 1-1/2 cups (plus toppings)

Calories: 368

Fat 12 g

Saturated Fat: 3 g

Cholesterol: 58 mg

Carbohydrate: 28 g

Fiber: 8.5 g

Protein: 31 g

Sugars 6 g

Sodium 821 mg

### ***Skinny Scoop***

If you're not a fan of the smoky taste of chipotle peppers, you can replace them with other spicy chiles, such as jalapeños or serranos.