



LAFAYETTE MARKETPLACE
400 West South Boulder Road
Suite 1100
Lafayette, CO 80026

Reprinted with permission from **The Skinnytaste Cookbook** by Gina Homolka. Copyright 2014. Published by Clarkson Potter/Publishers, New York, NY. Copyright 2014. Reprinted with the permission of the publisher. All rights reserved.

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.

Continued on Page 2



LAFAYETTE MARKETPLACE
400 West South Boulder Road
Suite 1100
Lafayette, CO 80026

Page 2, continued

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.