

Chicken Tortilla Soup

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Time: 2 to 3 hours

Instructions

1. In a crock pot place a dash of olive oil and about 1/4 cup of chick broth.
2. Add onions, garlic, jalapenos, salt and pepper to cook until soft (add more broth as needed)
3. When done cooking, add all remaining ingredients and enough water to fill to the top of the pot
4. Cover and let cook on low for about 2 hours while adjusting salt and pepper as needed.
5. Once chicken is fully cooked you need to shred it

Notes:

Delicious, low carb, and low fat!

Ingredients

2 large chicken breast with skin removed

1-28 oz. can of diced tomatoes

32 oz. of chicken broth

1 sweet onion

2 jalapeños de-seeded and diced

2 cups of chopped celery

2 cups of shredded carrots

1 bunch of cilantro

2 garlic cloves minced

2 tbsp. of tomato paste

1 tsp chili powder

1 tsp cumin

Salt & Pepper

Olive Oil

1 to 2 cups of water