

Slow Cooker Chicken Taco Soup

Submitted By: Deborah Wallace Time: 8 hours

Instructions

1. Place onion, chili beans, chopped carrots, tomato sauce, and diced tomatoes in a slow cooker
2. Add taco seasoning and stir to blend
3. Lay chicken breast atop of mixture
4. Cover and cook on low for 5 hours
5. Remove chicken breasts from soup and all to cool long enough to be handled
6. Shred chicken and stir back into soup
7. Continue cooking on low for 2 hours
8. Serve with cilantro, cheddar cheese, light sour cream, and crushed tortillas

Notes:

Enjoy!

Ingredients

- 1 chopped onion
- 1 (16oz) can of chili beans
- 1 (15oz) can of black beans
- 1 (15oz) can of whole kernel corn (drained)
- 1 chopped carrot
- 1 (8oz) of can tomato sauce
- 2 (10oz) cans of diced tomatoes with green chilies (undrained)
- 1 and 1/2 tbsp. of taco seasoning
- 3 whole skinless/boneless chicken breasts
- 1/4 cup of chopped fresh cilantro
- 1/2 cup of shredded reduced-fat cheddar cheese (optional)
- 1/4 cup of light sour cream (optional)
- 2 ounces of crushed baked tortilla chips (optional)