

### ***Chicken Enchilada Soup***

2 cups of shredded cooked chicken

3 cups chicken stock

19 ounce can red enchilada sauce

2 (14-ounce) can black beans, rinsed and drained

1 (14-ounce) can fire-roasted diced tomatoes, with juice

1 (15-ounce) can whole-kernel corn, drained

1 (4-ounce) can diced green chilies

2 cloves garlic, minced

8 green onions, chopped

1 teaspoon ground cumin

1 teaspoon salt

Optional garnishes: chopped fresh cilantro, diced avocado, diced red onion, shredded cheese, sour cream, tortillas strips/chips

#### **Directions:**

Add all ingredients to a slow cooker, and stir to combine. Cook for 3-4 hours on low heat. Serve warm, with optional garnishes. 6-8 servings.

Nutrient Analysis, per serving: 248 calories, 27g. carbohydrate, 22g. protein, 7g. fat, 649mg. sodium