

# Slow Cooker Mexican Chicken Soup

Portion Size: 8 fl oz

Yield: 10

## Ingredients:

Chicken Breast, boneless, skinless	1 pound
Yellow Onion, chopped	1 cup
Sweet Potatoes, peeled, diced	2 cups
Jalapeno, diced	¼ cup
Canned Crushed Tomatoes	1 ½ cup
Chili Powder	1 tsp
Cumin	1 tsp
Cayenne Pepper	¼ tsp
Salt	1 tsp
Low Sodium Chicken Stock	3 cups
Canned or Cooked Black Beans	2 cups
Cilantro, chopped	as needed
Avocado, diced	1 ¼ cup

## Preparation:

1. Butterfly chicken breasts to make them thinner for cooking.
2. Combine chicken, onions, sweet potatoes, jalapeno, crushed tomato, chili powder, cumin, cayenne, salt, and chicken broth in a slow cooker on med/high heat. Allow to cook for 2-3 hours, or until chicken is cooked through.
3. Remove and shred chicken, then add back to slow cooker. Add black beans to slow cooker and continue cooking on med/high heat for another 1-1.5 hours, or until sweet potatoes are tender.
4. Garnish each portion of soup with cilantro and 2 tbsp. of diced avocado just before serving.

RD TIP: If using canned beans, look for "Low Sodium" or "No Salt Added".

## Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
180	15	20	6	4	4	1	375



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