

Slow Cooker Chicken Enchilada Soup Bar Serves: 6

Consider serving this soup bar combined with a salad bar, using the ingredients from Easy Everyday Salad (page 113) as the toppings to choose from.

1 lb **skinless and boneless chicken breasts** **4 to 10 hours before serving:** Add to the slow cooker and gently stir to combine.
(about 2 large breasts)
3 **garlic cloves**, minced (or 3/4 tsp garlic powder)
1 medium **onion**, chopped
2 cups **low-sodium chicken broth**
1 can (10 oz) **enchilada sauce** (gluten-free if desired)
1 can (14.5 oz) **diced tomatoes** (fire-roasted if desired)
1 tsp **dried coriander**
1 tsp **dried oregano**
1 tsp **ground cumin**
1 tsp **chili powder**
1 **bay leaf**, OPTIONAL
1 can (15 oz) **black beans**, no salt added, rinsed and drained
2 cups **frozen corn**

1 **chipotle chile in adobo** (1 chile chopped, plus 1 tsp of the sauce), OPTIONAL For those seeking to amp up a “smoky” flavor, consider this optional add in. Cover and cook on low 8-10 hours, or on high for 4-5 hours. When done, remove bay leaf. Using 2 forks, shred the chicken and stir to combine.
OR
1/2 tsp **smoked paprika**, OPTIONAL

Choose some or all for toppings: **Just prior to serving:** Set out soup (and salad) with toppings as a buffet with “toppings bar,” allowing family members (or guests) to get creative. Enjoy!
1/2 cup **shredded cheddar cheese**
1/2 cup **chopped fresh cilantro**
1/2 cup **plain nonfat Greek yogurt**
1-2 **avocados**, halved, pitted, flesh removed and diced
6 oz **tortilla chips**, lightly broken
2 **jalapeños**, sliced

QUICK TIP: Chipotle chiles in adobo sauce are smoked jalapeños packed in a flavorful sauce. They can be found in small cans in the Mexican section of the store. Once opened, they will keep in the refrigerator for about 2 weeks or in the freezer for about 6 months.

Nutrition Information for a 1 1/2 cup serving (without optional toppings):

Calories: 255 • Fat: 5.5 g • Sat Fat: 0.9 g • Chol: 56 mg • Fiber: 7 g • Protein: 24 g • Total Carb: 29 g • Sugars: 6 g • Sodium: 460 mg