



## Chicken Tortilla Soup, Slow Cooker

**Servings :** Serves: 4 **Source :** [Blog.myfitnesspal.com](http://Blog.myfitnesspal.com)

### INGREDIENTS

- 1 pound boneless, skinless chicken breast
- 4 cups low-sodium chicken broth
- 1 15-ounce can black beans, drained
- 1 15-ounce jar low-sodium salsa
- 1/2 avocado, diced
- 12 tortilla chips, crumbled

### DIRECTIONS

Place the chicken, broth, black beans and salsa in a slow cooker. Cook on low for 8 hours or high for 4 hours. Remove chicken and shred, then return to soup. Spoon soup into bowls, topping with avocado and tortilla chips.

### NUTRITION

Per serving: Calories: 344; Total Fat: 12g; Saturated Fat: 1g; Monounsaturated Fat: 3g; Cholesterol: 55mg; Sodium: 259mg; Carbohydrate: 35g; Dietary Fiber: 9g; Sugar: 5g; Protein: 33g