

Slow-Cooker Chicken Tortilla Soup



This tortilla soup tastes better than anything you can get at a restaurant. And it's healthy too! Don't let the long list of ingredients fool you. All you do is dump everything into the slow cooker and walk away. Garnish with grated Cheddar, avocados, and a splash of fresh lime juice.

By Elena

Prep: 30 mins

Cook: 8 hrs

Total: 8 hrs 30 mins

Servings: 8

Yield: 8 servings



Ingredients

- 1 pound shredded, cooked chicken
- 1 (15 ounce) can whole peeled tomatoes, mashed
- 1 (10 ounce) can enchilada sauce
- 1 medium onion, chopped
- 1 (4 ounce) can chopped green chile peppers
- 2 cloves garlic, minced
- 2 cups water
- 1 (14.5 ounce) can chicken broth
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 1 bay leaf
- 1 (10 ounce) package frozen corn
- 1 tablespoon chopped cilantro
- 7 corn tortillas
- vegetable oil

Directions

Step 1

Place chicken, tomatoes, enchilada sauce, onion, green chiles, and garlic into a slow cooker. Pour in water and chicken broth, and season with cumin, chili powder, salt, pepper, and bay leaf. Stir in corn and cilantro. Cover, and cook on Low setting for 6 to 8 hours or on High setting for 3 to 4 hours.

Step 2

Preheat oven to 400 degrees F (200 degrees C).

Step 3

Lightly brush both sides of tortillas with oil. Cut tortillas into strips, then spread on a baking sheet.

Step 4

Bake in preheated oven until crisp, about 10 to 15 minutes. To serve, sprinkle tortilla strips over soup.

Nutrition Facts

Per Serving: 262 calories; protein 18g; carbohydrates 24.7g; fat 10.8g; cholesterol 45.4mg; sodium 893.4mg.

Note from Susan:
I add a can of roasted corn.