

Slow Cooker Chicken Taco Soup

Let this spicy soup keep you warm and satisfied this winter season. Save some time by purchasing a rotisserie chicken at your grocer, and use the meat only to limit your fat and cholesterol intake. Add chilies to this recipes for a kick!

Ingredients

- 16 oz. can pinto beans
- 15 oz. can black beans
- 15 oz. can corn kernels
- 1 large onion, diced
- 8 oz. tomato sauce
- 2 10 oz. can diced tomatoes with chilies
- 3 cups cooked chicken, shredded
- 1 packet taco seasoning



<http://joyfulmommaskitchen.com/wp-content/uploads/2013/03/Chicken-Taco-Soup-Slow-Cooker.jpg>

Directions

1. Add all ingredients to slow cooker and cook on low for 5-6 hours
2. Garnish with cilantro, ¼ cup diced avocado, a tablespoon of light sour cream or low fat cheese, or a squeeze of lime and enjoy!

Nutrition Facts

Serving Size- 1.5 Cup

Calories 250

% Daily Values*

Total Fat 4g	6%
Saturated Fat 1g	5%
Total Carbohydrate 30	10%
Dietary Fiber 8	33%
Protein 25	50%

* Percent Daily Values are based on a 2,000 calorie diet.

** These are estimated nutrient values.

Note: No Slow Cooker, no problem! Add ingredients to a large pot, bring to a boil, then let simmer for 30 minutes then serve.