Slow Cooker Chicken Enchilada Soup

Prep Time: 10 Min Cook Time: 4 Hours, 30 Min Total Time: 4 Hours, 40 Min

SERVINGS: 8

Nutritional Facts

Serving Size: 1.25 cups

Amount Per Serving

Calories 290	Calories from Fat 61
	% Daily Value *
Total Fat 7g	11%
Saturated Fat 3g	15%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 43mg	14%
Sodium 1006mg	44%
Total Carbohydrate 35g	11%
Dietary Fiber 6g	27%
Sugars 7g	
Protein 24g	

* Percent Daily Values are based on a 2,000 calorie diet.Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

2 WeightWatchers® Points

Points are calculated by Slender Kitchen. Not endorsed by WW International Inc.

Ingredients

1 onion, chopped

1 poblano pepper, chopped

1 red bell pepper, chopped

3 garlic cloves, minced

2 tbsp tomato paste

2 tbsp taco seasoning

1 lb boneless skinless chicken breast

10 oz enchilada sauce

14 oz canned diced fire roasted tomatoes

14 oz canned black beans, drained and rinsed

14 oz canned pinto beans, drained and rinsed

4 cup chicken broth

1 cup frozen corn

4 oz reduced fat cream cheese, softened (or blended cottage cheese for more protein)

Directions

1. Heat a large skillet over medium-high heat. Drizzle with oil. Add the onion, poblano pepper, and red bell pepper. Cook for 4-5 minutes until softened. Add the garlic and cook for one minute. Add the tomato paste and taco seasoning. Stir until well combined.

2. Add this to the slow cooker. Then add the chicken, enchilada sauce, tomatoes, black beans, pinto beans, and chicken broth. Stir and cook on low for 4 hours or until chicken is tender and cooked through.

3. Remove the chicken and shred.

4. Return to the slow cooker and stir in the corn and cream cheese. Stir until the cream cheese dissolves into the soup and gets nice and creamy. If needed, add some extra chicken broth to your desired thickness.

5. Serve with shredded cheese and all your favorite toppings.

Notes