



Healthier SlowCooker Chicken Tortilla Soup

Oscar · 29/09/2024



Prep Time

3 hrs 30 mins

Difficult

Medium

Servings

8

Description

This crockpot chicken tortilla soup feels healthier with a few simple modifications I reduce the sodium by using lowsodium chicken broth and fresh chiles instead of canned To reduce the fat I use boneless skinless chicken breasts and vegetable cooking spray instead of oil And by adding some tasty fresh toppings it helps my family get more vitamins

Ingredients

- - 1 pound boneless
- skinless chicken breasts
- cut into strips - 1 (15 ounce) can whole peeled tomatoes
- mashed - 1 (10 ounce) can enchilada sauce - 1 medium onion
- chopped - 2 banana peppers
- chopped - 2 cloves garlic
- minced - 2 cups water - 1 (14.25 ounce) can reduced-sodium chicken broth - 1 teaspoon cumin - 1 teaspoon chili powder - 1 teaspoon salt - ¼ teaspoon ground black pepper - 1 bay leaf - 1 (10 ounce) package frozen corn - 1 tablespoon chopped cilantro - 7 corn tortillas - vegetable cooking spray

Instructions

1. Place chicken
2. tomatoes
3. enchilada sauce
4. onion
5. banana peppers
6. and garlic into a slow cooker. Pour in water and chicken broth. Season with cumin
7. chili powder
8. salt
9. black pepper
10. and bay leaf. Stir in corn and cilantro. Cover and cook on Low for 6 to 8 hours or High for 3 to 4 hours. When the soup is almost finished
11. preheat the oven to 400 degrees F (200 degrees C). Lightly coat tortillas on both sides with cooking spray. Cut tortillas into strips
12. then spread on a baking sheet. Bake in the preheated oven until crisp
13. 10 to 15 minutes. Sprinkle tortilla strips over soup. Cook's Note Suggested toppings include sliced radishes
14. diced avocado
15. sliced bell peppers
16. and fresh cilantro. Editor's Note: This recipe is a healthier version of Slow-Cooker Chicken Tortilla Soup.