Healthier Slow Cooker Chicken Taco Soup

Jacob · 30/09/2024



Prep Time

10 mins

Dificult

Medium

Servings

7 hrs 35 mins

Description

You can call this a taco soup or a chili but either way its wonderful Made with a healthy dose of fresh veggies and herbs reducedfat cheese lowsodium taco seasoning and light sour cream this is a healthier version of the Slow Cooker Chicken Taco Soup recipe on this site

Ingredients

— - 2 (10 ounce) cans diced tomatoes and green chiles

— undrained - 1 (16 ounce) can chili beans - 1 (15 ounce) can black beans - 1 (15 ounce) can whole kernel corn

— drained - 1 (12 fluid ounce) can or bottle beer - 1 (8 ounce) can tomato sauce - 1 medium onion

— chopped - 1 medium carrot

— chopped - 1 ½ tablespoons taco seasoning

— reduced sodium - 3 whole skinless

— boneless chicken breasts - ½ cup shredded reduced-fat Cheddar cheese (Optional) - ¼ cup chopped fresh cilantro - ¼ cup light sour cream (Optional) - 2 ounces crushed baked tortilla chips (Optional)

Instructions

1. Combine diced tomatoes
2. chili beans
3. black beans
4. corn
5. beer
6. and tomato sauce in a slow cooker. Stir in onion
7. carrot
8. and taco seasoning until blended. Place chicken breasts on top of the mixture
9. pressing down on each one to slightly submerge. Cover and cook on Low for 5 hours. Remove chicken breasts from the slow cooker and set on a cutting board to cool slightly
10. about 10 minutes. Shred meat and return to the slow cooker. Cover and cook on Low for 2 more hours. Ladle soup into bowls and garnish with Cheddar cheese
11. cilantro
12. sour cream
13. and crushed tortilla chips.