

Slow Cooker Chicken Tortilla Soup

This is naturally gluten free and can easily be adapted to dairy-free by omitting the sour cream and cheese on top.

Tip

Mix all the ingredients (except optional toppings) ahead of time, place in a gallon freezer bag and freeze until you're ready to use. This can go straight from freezer to slow cooker for the ultimate easy meal!

8 chicken breasts
28 oz stewed or diced tomatoes
8 oz green chiles*
4 cans (60 oz total) black beans, drained and rinsed
2 cups salsa
28 oz tomato sauce
Optional toppings: Tortilla chips, sour cream, and cheddar cheese

Combine chicken, tomatoes, chiles, black beans, salsa and tomato sauce in crockpot. Cook on low 8 hours. Remove chicken and cut into bite-sized pieces. Stir into soup. Serve with tortilla chips, cheese and sour cream.

*Chiles are optional and depend on how hot you like it.