



Slow-Cooker Chicken Enchilada Soup



1/10th of recipe (1 cup): 145 calories, 2g total fat (<0.5g sat fat), 431mg sodium, 17g carbs, 4g fiber, 4g sugars, 14g protein

Freestyle™ [SmartPoints®](#) value 1*

Prep: 10 minutes **Cook:** 4 - 5 hours or 8 - 9 hours

Tagged: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



Ingredients

2 cups red enchilada sauce
One 15-oz. can pure pumpkin
One 15-oz. can black beans, drained and rinsed
1 cup frozen sweet corn kernels
1 cup finely chopped onion
One 4-oz. can diced green chiles (not drained)
3 cups low-sodium chicken broth
1 lb. raw boneless skinless chicken breast
Optional toppings: shredded reduced-fat cheddar cheese, light sour cream or fat-free plain Greek yogurt, fresh cilantro

Directions

Combine all ingredients *except* chicken in a slow cooker. Mix until uniform.

Add chicken. Cover and cook on high for 4 - 5 hours or on low for 8 - 9 hours, until chicken is fully cooked.

Transfer chicken to a large bowl. Shred with two forks.

Return chicken to the slow cooker, and mix well.

MAKES 10 SERVINGS

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.