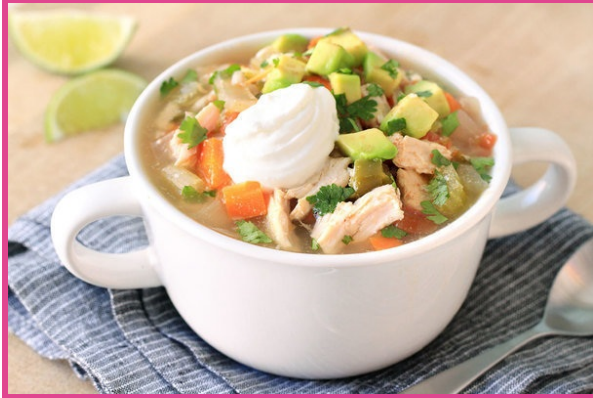




## Mexican Chicken Soup



1/10th of recipe (about 1 cup): 154 calories, 4g total fat (0.5g sat fat), 407mg sodium, 10.5g carbs, 3g fiber, 4.5g sugars, 18.5g protein

**Green Plan [SmartPoints](#)® value 2\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 1\***

**Purple Plan [SmartPoints](#)® value 1\***

**Prep:** 30 minutes    **Cook:** 3 - 4 hours *or* 7 - 8 hours



Tagged: [Recipes for Sides, Starters & Snacks](#), [Four or More Servings](#)

### Ingredients

1 1/2 lbs. raw boneless skinless chicken breasts, halved  
1/8 tsp. black pepper  
1/2 tsp. salt  
1 cup plus 2 tbsp. chopped cilantro  
4 cups reduced-sodium chicken broth  
2 cups chopped tomatoes  
2 cups chopped carrots  
2 cups chopped onion  
1 cup chopped celery  
1/4 cup seeded and chopped jalapeño pepper (about 1 pepper's worth)  
2 tsp. chopped garlic  
1 tsp. chili powder  
1 tsp. cumin  
1/2 cup plus 2 tbsp. fat-free plain Greek yogurt  
5 oz. (about 3/4 cup) chopped avocado (about 1 medium avocado's worth)  
Optional garnish: lime wedges

### Directions

Place chicken in a slow cooker, and season with pepper and 1/4 tsp. salt. Top with 1/2 cup cilantro.

Add all remaining ingredients *except* yogurt, avocado, and remaining cilantro. Stir well.

Cover and cook on high for 3 - 4 hours *or* on low for 7 - 8 hours, until chicken is fully cooked.

Transfer chicken to a large bowl. Shred with two forks -- one to hold the chicken in place and the other to scrape across and shred it.

Return shredded chicken to the slow cooker, and mix well.

Top each serving with 1 tbsp. cilantro, 1 tbsp. yogurt, and 1/2 oz. (about 2 tbsp.) avocado.

**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.