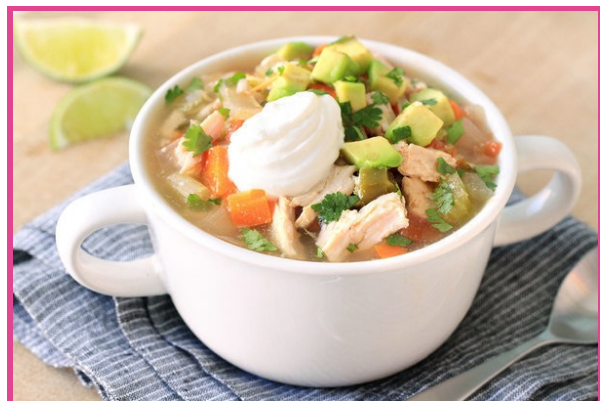




Slow-Cooker Mexican Chicken Soup



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

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



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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

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