



## 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

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



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### 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, chopped red onion

### 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**

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