



Too-Easy Chicken Tortilla Soup



1/6 of recipe (about 1 cup): 169 calories, 4.5g total fat (1.5g sat. fat), 680mg sodium, 9.5g carbs, 1.5g fiber, 2g sugars, 21.5g protein

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Prep: 5 minutes **Cook:** 3–4 hours or 7–8 hours



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Ingredients

- 1 lb. raw boneless skinless chicken breast
- 1/8 tsp. salt
- 1/8 tsp. black pepper
- 3 cups reduced-sodium chicken broth
- 1 cup black bean & corn salsa
- 1/2 cup shredded reduced-fat Mexican-blend cheese
- 1 oz. lightly crushed baked tortilla chips (about 15 chips)

Directions

Place chicken in a slow cooker, and season with salt and pepper. Add broth and salsa.

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

Serve topped with cheese and crushed chips.

MAKES 6 SERVINGS

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