

Slow Cooker Chicken Tortilla Soup



Ingredients:

- 6 cups low-sodium chicken broth
- 1/3 cup all-purpose flour
- 1 1/2 pounds boneless, skinless chicken breasts
- 1 large sweet onion, diced
- 1 cup black beans, drained and rinsed
- 1 lime, juiced
- 2 tablespoons paprika
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 2 cloves garlic, minced

Directions:

1. Pour 5 cups of chicken broth into a slow cooker.
2. In a small bowl, whisk together 1 cup of chicken broth and the flour, until smooth.
3. Add the mixture and all remaining ingredients to the slow cooker. Cover.
4. Cook on low for 6-8 hours.
5. Serve with reduced-fat sour cream or avocados and tortilla strips.

Makes 6-8 servings.



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