

Chicken Tortilla Soup

PREP TIME:

15 minutes

COOKING TIME:

LOW: 6 hours
OR
HIGH: 3 hours

SERVES:

6



INGREDIENTS:

1 tbsp olive oil
1 cup / 1 small onion, diced
1 cup / 1 small red bell pepper, diced
1 Southwest Fiesta blend
1 1/2 lbs chicken breast, skinless
1 x 14oz can black beans
1 x 14oz can diced tomatoes
2 tbsp tomato paste
1 chipotle chili in adobo, chopped (optional)
4 cups / 32 fl oz chicken broth plus 1 cup / 8 oz water
toppings
tortilla chips, sour cream, avocado, diced white onion, lime juice

PREPARE:

heat the oil in a skillet on a medium heat; sauté the onion and pepper
transfer the onion mixture to slow cooker
rub the Southwest Fiesta blend onto the chicken breast; place on top of onion mixture
add the black beans, tomatoes, tomato paste, chipotle chili, and chicken broth
stir, cover and cook on LOW" 6 hours or HIGH: 3 hours
shred the chicken breast in the slow cooker using 2 forks
ladle into bowls and add the toppings
pair with a crisp Syrah rosé, iced tea or light Mexican beer