Recipe of the Month - November 2018

Slow Cooker Mexican Chicken Soup
Serves 8
Serving Size: 1 1/2 cups
Cost per Serving: $0.63

Ingredients:
2 cans (14.5 ounces) diced tomatoes
3/4 cup dried black beans, rinsed
1 bag (16 ounces) frozen corn, thawed
3 cups water
1 teaspoon chili powder
1/4 teaspoon pepper
1 pound skinless and boneless chicken breast, thawed
Optional: baked tortilla chips, chili flakes, chopped cilantro, jalapeños, light sour cream, lime, salsa, shredded cheese, or sliced avocado

Directions:
1. Add all ingredients to the slow cooker. Cook for 4 to 6 hours on high. Or cook for 8 to 10 hours on low.
2. Remove chicken right before serving. Shred using two forks. Stir shredded chicken into soup.

Tips:
- Use Mexican diced tomatoes to add spice.

NUTRITION FACTS PER SERVING: 210 calories, 3g total fat (1g sat. fat), 35mg cholesterol, 270mg sodium, 28g carbohydrates, 6g fiber, 4g sugar, 19g protein

Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2018 Nutrition & Fitness Calendar