



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



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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.
3. Serve with choice of optional ingredients.

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*