

Southwest Chicken Soup

Prep: 10 min

Cook: 8 - 10 hours

Yield 8 Servings

Ingredients:

1 medium onion, chopped
1 medium green pepper, chopped
1 can crushed tomatoes 28 oz.
1 can diced tomato with green chili 14.5 oz.
2 cups frozen corn (10 oz.)
1 cup salsa
1 bay leaf
2 teaspoons ground cumin
½ teaspoon oregano
4 cups chicken stock
1 cup water
1 pound chicken breast

Toppings:

reduced fat sour cream
shredded cheese

Directions:

Place all ingredients in a crockpot. Stir.
Cook on low for 8 - 10 hours
Remove chicken then shred and put back. Enjoy!

Serving size 1.5 cups

Top with sour cream and cheese to taste.