

Chicken Tortilla Soup

12 ounces skinless chicken breasts
2 15-oz cans black beans, washed and drained
2 15 oz cans diced tomatoes
1 cup salsa (medium, mild, or hot)
4 oz can chopped green chilies
14 ½ oz can no salt added tomato sauce
Baked tortilla chips
2 cups shredded low fat cheese

Combine all ingredients except chips and cheese in slow cooker. Cover. Cook on low 8 hours. Top with chips and cheese. Serve.

Serves 8 (Serving Size 1 ½ cups)

Calories 290 Fat 7g Carbohydrate 30g Dietary Fiber 7g Protein 25g Sodium 510mg