

# Crock Pot Chicken Tortilla Soup

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-feijoada-crock-pot-recipe>

## Ingredients:

- 1 can black beans drained
- 1 can corn drained
- 1 can diced tomatoes 14.5 oz size - southwest style, if possible I used petite diced tomatoes w/ sweet onion
- 1 packet sauce mix enchilada, or if you can't find this, mild taco seasoning works well too, this is what I used
- 1 1/2 cups water
- 8 ounces tomato sauce
- 10 3/4 ounces cream of chicken soup
- 2 cups milk
- 4 boneless chicken breasts I only used 2 chicken breasts

## Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 95 milligrams
4. Fat: 14 grams
5. Fiber: 12 grams
6. Protein: 42 grams
7. SaturatedFat: 5 grams
8. Sodium: 1380 milligrams
9. Sugar: 17 grams

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