

Slow Cooker Mexican Chicken Soup

Yield: 6 min
Total Time: 190 min

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

Ingredients:

- 1 1/2 pounds boneless skinless chicken breasts cubed
- 2 teaspoons canola oil
- 1/2 cup water
- 1 envelope reduced sodium taco seasoning
- 32 ounces V8 Juice reduced sodium
- 16 ounces salsa jar of
- 15 ounces black beans drained and rinsed
- 1 bag frozen corn
- soup optional
- reduced fat cheddar cheese optional
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- reduced-fat sour cream optional
- chopped cilantro to garnish the soup, optional