

Slow Cooker Chicken Taco Soup

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/slow-cooker-chicken-taco-recipe-mexican-authentic>

Ingredients:

- 1 onion chopped
- 16 ounces chili beans
- 15 ounces black beans
- 15 ounces whole kernel corn, drained
- 1 tomato sauce 8 ounce can
- 1 1/2 cups gluten-free chicken broth
- 20 ounces diced tomatoes with green chilies, undrained
- 1 1/4 ounces gluten free taco seasoning
- 3 whole skinless boneless chicken breasts
- shredded cheddar cheese optional
- sour cream optional
- tortilla chips crushed, optional

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 72 grams
3. Cholesterol: 105 milligrams
4. Fat: 12 grams
5. Fiber: 17 grams
6. Protein: 56 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1610 milligrams
9. Sugar: 17 grams

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