

A recipe from: *Crock-tober Fest—A Slow Cooker Feast*

Chicken Enchilada Soup

Serves: 8

Ingredients:

- 1 tablespoon canola oil
 - 1 medium onion, chopped
 - 4 garlic cloves, minced
 - 1 ½ pound boneless skinless chicken breasts
 - 1 carton (48 ounces) chicken broth
 - 1 can (4 oz.) diced green chiles
 - 1 can (14-1/2 ounces) diced tomatoes, undrained
 - 1 can (10 ounces) red enchilada sauce
 - 2 tablespoons tomato paste
 - 1 tablespoon chili powder
 - 2 teaspoons ground cumin
 - 1/2 teaspoon pepper
 - 1 tsp salt
- Optional toppings: Shredded cheddar cheese, sour cream, and crispy tortilla strips

Directions:

In a large skillet, heat oil over medium heat. Add onion; cook and stir until tender, 6-8 minutes. Add garlic; cook 1 minute longer. Transfer onion and garlic mixture and chicken to a 5- or 6-qt. slow cooker. Stir in broth, green chiles, tomatoes, enchilada sauce, tomato paste, seasonings and cook, covered, on low 6-8 hours or until chicken is tender or on high for 3-4 hours (a thermometer should read at least 165°).

Remove chicken from slow cooker. Shred with 2 forks; return to slow cooker. Serve with toppings as desired.



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