

## Slow-Cooker Chicken Tortilla Soup

Makes about 14 servings

3 (15oz) cans Black Beans, rinsed and drained  
6 cups shredded, cooked chicken  
15oz of canned enchilada sauce (OR make your own, see recipe below)  
2 small onions, chopped  
3 cloves garlic, minced  
20-30oz canned whole peeled tomatoes, chopped  
6oz canned chopped green chile peppers  
2 ½ cups water  
2 ¾ cups low-sodium chicken broth  
3 cups frozen corn kernels  
1 ½ tsp cumin  
1 tsp chili powder  
1 ½ tsp salt  
½ tsp black pepper  
2 bay leaves

Garnish with chopped cilantro, tortilla strips, cheese, or sour cream

- 1) You can skip this step if you prefer, but I like to sweat and soften the onions in a separate saute pan for several minutes, then add the garlic for one minute. When I tried placing the raw onions directly into the slow-cooker they were still a bit crunchy at the end of the cooking time.
- 2) Place all ingredients in the slow-cooker and combine well. Cover and cook on Low setting for 6-8 hours or on High setting for 3-4 hours.

### Enchilada Sauce

¼ cup vegetable oil  
2 Tbsp self-rising flour  
¼ cup chili powder  
8 oz canned tomato sauce  
1 ½ cups water  
¼ tsp cumin  
¼ tsp garlic powder  
¼ tsp onion salt

- 1) Heat oil on medium heat till shimmering. Stir in ~~flour~~ and chili powder and cook for a minute or so, stirring constantly, till chili powder is toasted.
- 2) Gradually stir in tomato sauce, water, and spices. Cook on medium heat for 10 minutes, till thickened slightly.