

## Ingredients (makes 4 servings)

- 1 lb boneless, skinless chicken breasts (visible fat discarded, cut in 1/2 inch cubes)
- 2 cups frozen whole-kernel corn thawed
- 2 cups fat-free, no-salt-added chicken broth
- 14.5 oz canned, no-salt-added, diced tomatoes
- 1/4 cup finely chopped onion
- 1 tsp sugar
- 1 tsp ancho powder
- 2 medium garlic cloves minced
- 2 6-inch corn tortillas cut into 1/4 inch wide strips
- 1 6-inch corn tortilla torn into pieces
- 2 to 4 Tbsp snipped, fresh cilantro
- 1/4 cup finely chopped avocado
- 1/4 medium red bell pepper cut into matchstick-size strips

## Directions

- In a 3-4 1/2-quart round or oval slow cooker, stir together the chicken, corn, broth, tomatoes with liquid, onion, sugar, ancho powder, garlic, and salt. Cook, covered, on low for 6 to 8 hours or on high for 3 to 4 hours.
- Preheat oven to 350 degreed F.
- Arrange the tortilla strips in a single layer on a baking sheet. Bake for 8 to 10 minutes or until crisp. Transfer baking sheet to a cooking rack. Let the strips stand for about 15 minutes or until cool. Transfer to an airtight container and set aside.
- When the soup is ready, transfer 1 cup to a food processor or blender. Stir in tortilla pieces. Let the mixture stand for 1 minute so the tortilla pieces soften. Process until smooth. Stir the mixture into the soup. Stir in the cilantro.
- Ladle the soup into bowls. Sprinkle with the avocado, bell pepper, and reserved baked tortilla strips.

## Nutrition Facts Per Serving

Calories	292
Total Fat	5.5 g
Saturated Fat	.5 g
Trans Fat	0
Polysaturated Fat	1 g
Monounsaturated Fat	2 g
Cholesterol	73 mg
Sodium	350 mg
Total Carbohydrate	33 g
Dietary Fiber	5 g
Sugars	8 g
Protein	30 g

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*Slow Cooker*



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