

# Crockpot Chicken Enchilada Soup

*Recipe makes 6 meals*

## Ingredients

- **3 Boneless Skinless Chicken Breasts, 8 oz each**
- **28 oz can Crushed Tomatoes**
- **28 oz Water**
- **15 oz can Black Beans, drained, rinsed**
- **15 oz can Corn, drained**
- **10 oz can Enchilada Sauce**
- **10 oz can Fire Roasted Diced Tomatoes with Green Chilies**
- **1 cup Fat Free Fairlife Milk**
- **1 small Yellow Onion, chopped**
- **1 Tbsp Garlic Powder**
- **1/2 Tbsp Ground Coriander**
- **1 tsp Cumin**
- **1 tsp Chili Powder**
- **Salt and Pepper to taste**



## Nutrition Profile

*- per meal -*

**Calories - 345**  
**Fat - 3g**  
**Carbohydrates - 42g**  
**Protein - 37g**  
**\*Fiber - 10g**

**Estimated Cost  
Per Meal**

**\$1.81**

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# Instructions

- 1. In a crockpot, add 10 ounces of enchilada sauce, 28 ounces crushed tomatoes, 28 ounces of water, 1 Tbsp garlic powder, 1/2 Tbsp ground coriander, 1 tsp cumin, and 1 tsp chili powder. Mix well.**
- 2. Gently lay in your three chicken breasts, along with your chopped onion, 10 ounce can of diced tomatoes with green chilies, 15 ounce can of drained and rinsed black beans, and 15 ounce can of drained corn. Place the lid on your crockpot and let this cook on low for at least 4 hours.**
- 3. Once your chicken is cooked through and shreds easily, remove it from the crockpot and shred using the back of two forks, or your preferred method.**
- 4. When you are done shredding your chicken, return it back to the crockpot, along with 1 cup of milk and mix well.**
- 5. Give your soup a taste, and add salt and pepper to preference.**
- 6. Portion out into your meal containers and enjoy!**

# Notes

- **If you watch the video, you'll notice that I had a 28 ounce can of enchilada sauce, but only used 10 ounces in the recipe. This is only because my store was out of the smaller cans. If you like more enchilada sauce flavor, you can always buy a bigger can and wait until you taste it at the end before deciding to add more.**
- **This soup goes great with toppings like tortilla strips, guacamole, sour cream, or your favorite shredded cheese.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**



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