

Crockpot Mexican Chicken Soup/Stew

Ingredients

- 3 to 4 boneless chicken breast halves, cut in 3 strips (2 Large SAMs chicken breasts)
- 1 can (12 to 15oz) corn, drained
- 1 can (15oz) black beans, rinsed and drained
- 2 teaspoons ground cumin
- 2 teaspoons chili powder
- 1 medium onion, halved and thinly sliced
- 1 red bell pepper, cut in strips
- 1 can (14.5oz) diced tomatoes
- 1/2 tomato cut in chunks (optional)
- 1/3 heaping cup sliced jalapenos (I used ones from a jar) (optional)
- 1/2 cup water

Preparation

1. Combine all ingredients in slow cooker. When doing so, place the chicken chunks in the middle.
2. Cover and cook on low for 5 to 6 hours.
3. Serve over rice.

Nutritional Information (makes roughly 10 servings of 3/4 cup)

Calories: 162

Fat: 2.8g

Saturated fat: .3g

Protein: 21.3g

Carbohydrate: 14.1g

Sodium: 533mg

Cholesterol: 48mg

Potassium: 353mg

Sugar: 3.3g

Fiber: 3.4g

Iron: 10.5%

Vitamin A: 12%

Vitamin C: 34.6%

Calcium: 3.2%

Modified from: <http://southernfood.about.com/od/crockpotchicken/r/bl48c10.htm>