

Skinny Chicken Fajita Soup

RECIPE MAKES: 12 SERVINGS

INGREDIENTS

- 1 ½ lbs. chicken breast
- 6 cups low sodium vegetable broth
- 3 tomatoes, diced
- 1 medium red bell pepper, diced
- 1 medium onion, diced
- 15 ounce black beans, boiled and drained
- 4 garlic cloves, minced
- 1 tsp. chili powder
- 1 tsp. paprika
- 1 tsp. garlic powder
- 1 tsp. cumin
- ½ cup scallion, chopped
- 2 Tbsp. fresh cilantro, chopped

NUTRITION INFO

Nutrition Facts	
servings per container	
Serving size	1 Cup
Amount per serving	
Calories	120
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 80mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 1mg	6%
Potassium 371mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PREPARATION

1. Add all ingredients into slow cooked on low heat.
2. Cover and cook for 6-8 hours.
3. Use tongs to remove the cooked chicken breasts. Allow the chicken to cool for a few minutes, then shred with two forks.
4. Add the shredded chicken back to the soup.
5. Stir and let simmer for an additional 30 minutes.
6. Garnish with scallions and cilantro.
7. Enjoy!



Healthy Options