



MEXICAN CHICKEN AND BLACK BEAN SOUP IN THE SLOW COOKER (serves 6-8)

1. Put all ingredients except toppings in slow cooker and cook on high 5-6 hours or on low 8-9 hours.
2. Remove bay leaf and add toppings of your choice. Serve with the tortilla chips on the side or crushed on top, if desired.

Notes:

-After you use one chipotle pepper out of the can, chop or puree the rest of the can and put into ice cube trays and freeze. After they freeze, pop them into a glass container or ziploc bag and store in freezer. Next time you make a soup or chili, just throw one in for smokiness and some heat!

INGREDIENTS:

1 pound boneless skinless chicken* breasts or thighs, cut into bite sized pieces
1 large onion, diced
1 red pepper*, diced
3 garlic cloves, minced
4 cups vegetable or chicken broth* (32 oz. carton)
approximately 30 oz. diced tomatoes (from a carton or jar if possible)
1 chipotle pepper in adobo sauce from a can, finely chopped (optional)
2 cans black beans, rinsed and drained (or about 3 cups cooked beans from 1 cup dried)
2 teaspoons cumin
1 tablespoon chili powder
dash of cayenne
1 teaspoon salt
black pepper, to taste
1 bay leaf
2 cups frozen corn*
Optional toppings: sour cream*, chopped cilantro, diced avocado, shredded cheddar*, tortilla chips*

*I recommend using as many organic ingredients as possible but these are the ones that I think are most important.