

Tortilla Soup

+ PROTEIN

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Ingredients

1 tablespoon olive oil
1 medium onion, diced
2 cloves garlic, diced
1 red pepper, diced
1 can black beans
1 can kidney beans
1 cup corn kernels (canned or frozen)
2-3 chicken breasts

4 cups chicken broth
1 can diced tomatoes
1 ½ tablespoon taco seasoning (1 sachet)
1/2 teaspoon smoked paprika (optional)
Toppings: tortilla chips, avocado, cilantro, sour cream, jalapenos, green onion, etc.

Directions

Add olive oil to pan and saute onions, garlic and red pepper until soft. Then, add chicken breasts, broth, diced tomatoes, taco seasoning, black beans, kidney beans and corn to pan. Simmer for 20-30 minutes, stirring occasionally until chicken is cooked. Shred chicken breasts with 2 forks, remove from heat and serve with toppings!

Notes

This is a perfect soup to throw in a slow cooker on a busy day! It also freezes well, so make more and save for a busy week!

If using a slow cooker, cook for 4 hours on high.