

Chicken Taco Soup



Ingredients:

- 1 lb chicken tenderloins, frozen/cooked
- 1 can black beans (no salt added)
- 1 can corn (no salt added)
- can tomatoes (no salt added)
- 4oz can Chili's
- 6oz can tomato paste
- cups Vegetable broth, low sodium
- 1 pkg Mrs. Dash taco seasoning mix
- 1 pkg of Monterrey jack cheese

Directions:

1. Toss all ingredients in the crockpot and cook on low for 6-8hrs
2. Eat with tortilla chips and ENJOY

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