

Slow Cooker Chicken and Yellow Tomato Tortilla Soup

ReynoldsKitchens.com
Food Network Magazine

Servings: 7

1 yellow bell pepper, chopped
1/2 yellow onion, chopped
4 large yellow tomatoes, chopped
3 ears yellow corn, kernels cut from the cob
2 teaspoons chili powder
1 tablespoon chipotle chilies in adobo sauce
Kosher salt (to taste)
freshly ground pepper (to taste)
8 boneless/skinless chicken thighs, cut into 3/4-inch pieces
2 cloves garlic, chopped
juice of two limes (plus the wedges)
4 cups tortilla chips
1 cup fresh cilantro leaves, chopped
1 cup Cotija cheese, crumbled

In a blender, blend the bell pepper, onion, 1/3 of the tomatoes, 1/3 of the corn kernels, one teaspoon chili powder, one cup water and the chipotles until smooth.

Place a Reynolds Slow Cooker Liner in a 5 to 6-1/2 quart slow cooker bowl. Fold the liner over the top.

In the slow cooker, toss the chicken, garlic, remaining tomatoes, remaining corn, one tablespoon salt, one teaspoon pepper and the remaining chili powder. Add the blended mixture.

Cover and cook on HIGH until the chicken is tender, about five hours.

To serve, stir in the lime juice. Season with salt and pepper.

Divide among soup bowls. Top with tortilla chips, cilantro and Cotija cheese.

Serve with lime wedges.

Per Serving (excluding unknown items): 740 Calories; 36g Fat (42.4% calories from fat); 12g Protein; 98g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 757mg Sodium. Exchanges: 6 Grain(Starch); 1 Vegetable; 7 Fat.

Slow Cooker, Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	740
% Calories from Fat:	42.4%
% Calories from Carbohydrates:	51.2%
% Calories from Protein:	6.4%
Total Fat (g):	36g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	21g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	0mg
Carbohydrate (g):	98g
Dietary Fiber (g):	11g
Protein (g):	12g
Sodium (mg):	757mg
Potassium (mg):	761mg
Calcium (mg):	231mg
Iron (mg):	3mg
Zinc (mg):	3mg
Vitamin C (mg):	47mg
Vitamin A (i.u.):	812IU
Vitamin A (r.e.):	81 1/2RE

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	77mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	6
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	7
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 7

Amount Per Serving

Calories 740 Calories from Fat: 314

% Daily Values*

Total Fat	36g	56%
Saturated Fat	7g	35%
Cholesterol	0mg	0%
Sodium	757mg	32%
Total Carbohydrates	98g	33%
Dietary Fiber	11g	45%
Protein	12g	

Vitamin A	16%
Vitamin C	78%
Calcium	23%
Iron	17%

* Percent Daily Values are based on a 2000 calorie diet.