

# Chicken Tortilla Soup II

*www.bushbeans.com*

*2 cans (16 ounce) Bush's pinto beans, drained*  
*2 pounds chicken, cooked and shredded*  
*1 can (15 ounce) whole tomatoes, mashed and undrained*  
*1 can (10 ounce) enchilada sauce*  
*1 medium onion, chopped*  
*1 can (4 ounce) chopped green chiles*  
*2 cloves garlic, chopped*  
*8 cups chicken broth*  
*2 cups water*  
*1 teaspoon ground cumin*  
*1 teaspoon chili powder*  
*1 teaspoon salt*  
*1/4 teaspoon black pepper*  
*1 bay leaf*  
*1 package (10 ounce) frozen corn*  
*2 tablespoons fresh cilantro, chopped*  
*tortilla chips*

In the bowl of a slow cooker, combine all of the ingredients except the tortilla chips.

Cover and cook for three to four hours on LOW.

Remove the bay leaf.

Serve with cilantro and tortilla chips.

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Per Serving (excluding unknown items): 2183 Calories; 141g Fat (58.7% calories from fat); 162g Protein; 61g Carbohydrate; 10g Dietary Fiber; 671mg Cholesterol; 9019mg Sodium. Exchanges: 1 1/2 Grain(Starch); 20 Lean Meat; 6 Vegetable; 15 1/2 Fat.

Slow Cooker, Soups, Chili and Stews

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	2183	<b>Vitamin B6 (mg):</b>	3.1mg
<b>% Calories from Fat:</b>	58.7%	<b>Vitamin B12 (mcg):</b>	8.6mcg
<b>% Calories from Carbohydrates:</b>	11.4%	<b>Thiamin B1 (mg):</b>	.7mg
<b>% Calories from Protein:</b>	30.0%	<b>Riboflavin B2 (mg):</b>	1.9mg
<b>Total Fat (g):</b>	141g	<b>Folacin (mcg):</b>	315mcg

**Saturated Fat (g):** 45g  
**Monounsaturated Fat (g):** 54g  
**Polyunsaturated Fat (g):** 26g  
**Cholesterol (mg):** 671mg  
**Carbohydrate (g):** 61g  
**Dietary Fiber (g):** 10g  
**Protein (g):** 162g  
**Sodium (mg):** 9019mg  
**Potassium (mg):** 4260mg  
**Calcium (mg):** 307mg  
**Iron (mg):** 18mg  
**Zinc (mg):** 12mg  
**Vitamin C (mg):** 259mg  
**Vitamin A (i.u.):** 13101IU  
**Vitamin A (r.e.):** 2422RE

**Niacin (mg):** 73mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0 0%

## Food Exchanges

**Grain (Starch):** 1 1/2  
**Lean Meat:** 20  
**Vegetable:** 6  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 15 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 2183      **Calories from Fat:** 1281

### % Daily Values\*

<b>Total Fat</b>	141g	217%
Saturated Fat	45g	225%
<b>Cholesterol</b>	671mg	224%
<b>Sodium</b>	9019mg	376%
<b>Total Carbohydrates</b>	61g	20%
Dietary Fiber	10g	39%
<b>Protein</b>	162g	
<b>Vitamin A</b>		262%
<b>Vitamin C</b>		432%
<b>Calcium</b>		31%
<b>Iron</b>		99%

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