

Chicken Fajita Soup – Slow Cooker

Spray your slow cooker with a a cooking spray – We use Vegalene

1 lb. boneless skinless chicken breast
2 cans cream of chicken soup
1 cup (good tasting) Salsa
2 cups frozen corn
1 can rinsed/drained black beans
1 ½ cups of water
1 tsp. ground cumin
½ tsp dried cilantro

Additional late ingredients:

1 cup sharp cheddar cheese
Extra toppings like sour cream, tortilla chips, avocado,
green onions etc.



Put chicken in slow cooker and mix the remaining ingredients in a bowl and pour over the chicken. Set the slow cooker for low for 4 -6 hours. This recipe doesn't take all day so you can even start it late in the morning and be done by dinner. Once the chicken has cooked for the 6 hours, remove it from the pot and shred it. (we use the Bosch Universal Whips to do this job) Put it back in the pot and add a cup of shredded cheddar cheese.. Cook about 15 more min until the cheese has melted while prepping your toppings: sour cream, diced tomatoes, green onions, cilantro, lettuce, diced avocado and tortilla ships.