

Chicken Tortilla-less Soup

- 2 tablespoons extra-virgin olive oil
- 1 yellow onion, diced
- 1 red bell pepper, diced
- 1 jalapeño, diced
- 3 cloves garlic, minced
- 3-4 boneless, skinless chicken breast
- 1 - 28 ounce can diced tomatoes
- 1 - 4 ounce can diced green chiles
- 4 cups chicken broth
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- Black pepper, to taste
- Chopped cilantro, for garnish
- Guacamole, for garnish



1. Preheat olive oil in a large skillet over medium-high heat. Sauté onion, bell pepper, jalapeño and garlic until onions are translucent. Transfer the cooked vegetables into the slow cooker and add the remaining ingredients (excluding the cilantro and guacamole). Cook everything for 4 hours on high, or 8 hours on low.
2. Once everything is cooked, use a pair of tongs to remove the chicken to a cutting board or plate. Using two forks, or a knife, shred the chicken into bite-sized pieces. Transfer the chicken back into the slow cooker and stir to mix.
3. Spoon the soup into serving bowls and top with cilantro and guacamole. Enjoy!

Don't forget your side of fruit!

