**Chicken Tortilla Soup**

**Yield:** 8—10 servings

**Ingredients:**
- 2 pounds chicken or meat of choice
- 1 32 ounce box chicken or vegetable stock
- 1 15 ounce can refried beans
- 1 15 ounce can black beans, drained and rinsed
- 1 15 ounce can pinto beans (with juice)
- 1 4 ounce can diced green chiles
- 1 15 ounce can of corn, drained
- 1 cup cooked instant brown rice
- 1 cup salsa
- 2 tablespoons all-natural taco seasoning mix (either make your own or use a store-bought packet)

Optional Toppings: shredded cheddar cheese, jalapenos, sour cream or plain Greek yogurt, crushed tortilla chips, 1/2 teaspoon gumbo file powder

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**Instructions**

1. **Freezing Instructions:** Add all ingredients to a labeled freezer safe gallon bag. Make sure bag is closed and place flat into the freezer.

2. **Thawing Instructions:** Thaw in the refrigerator or use the defrost setting on the microwave.

3. **Slow Cooker Instructions:** Place all ingredients in slow cooker. Cook on LOW for 5-6 hours or HIGH for 2-3 hours.

4. **Stovetop Instructions:** Place all ingredients in large saucepan. Simmer for 20-30 minutes, or until the rice fully cooked.