

Chicken Tortilla Soup

Yields: 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 petite diced tomatoes (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, ½ tablespoon gumbo filé powder



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 saucepot. Simmer for 20-30 minutes, or until the rice fully cooked.