

Crock Pot Picante Chicken and Black Bean Soup

Blog, Soup

Servings: Servings: 7 **Source:** [skinnytaste.com](https://www.skinnytaste.com)

INGREDIENTS

- 2 (15 oz) cans black beans, rinsed and drained
- 3 1/2 cups low sodium chicken broth
- 2 (10 oz) cans Rotel tomatoes with green chilies
- 1 red bell pepper, minced
- 4 oz can diced green chiles or use Hatch Green Chili salsa
- 1 tbsp ground cumin
- 1 tsp ancho chile powder
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/4 tsp oregano
- 16 oz (2) skinless chicken breast
- 1/2 cup chopped cilantro, divided
- 2 medium scallions, diced
- cut limes, for serving
- 1 medium haas avocado, sliced
- sour cream, for serving (optional)

DESCRIPTION

If you love a slow cooker recipe that requires no pre-cooking, then you'll love this spicy black bean soup. Spicy black bean and chicken soup with tomatoes, chiles, peppers and spices is delicious served with cool avocado and a touch of sour cream. Top it with cilantro for freshness and your taste buds will want to do a mariachi dance.

Read more at <https://www.skinnytaste.com/crock-pot-picante-chicken-and-black/#tmulfyXOWFYgYHbv.99>

DIRECTIONS

Take one can of beans and place in the blender along with 2 cups of the chicken broth; puree then add to your slow cooker. Add the remainder of the beans and chicken broth into the slow cooker along with tomatoes, bell pepper, diced green chiles, cumin, chile powder, garlic powder, onion powder, oregano, chicken breast, and 1/4 cup of the cilantro. Set slow cooker to HIGH 4 hours or LOW 6 to 8 hours.

After it's done, remove chicken and shred with 2 forks. Place back into the slow cooker and add fresh scallions, remainder cilantro and adjust salt and cumin, to taste.

Serve hot with lime wedges, avocados, and sour cream if desired. Makes about 10 1/2 cups.

NOTES

Brenda's Suggestions:

Cooking the beans fresh using a dried bean will really enhance the flavor of the soup. Made orca beans in the instant pot a few days prior and used those in the soup. Substituted chipotle in adobe as I didn't have diced green chilis. Cooked in Instant on slow cooker setting

NUTRITION

Calories: 306 • Fat: 6 g • Protein: 28 g • Carb: 37.5 g • Fiber: 13.5 g • Sugar: 3 g
Sodium: 698.4 mg (without the salt)

