

Slow Cooker Chicken Enchilada Soup

Easy soup recipe that can be a freezer meal if desired.

Prep Time	Cook Time	Total Time
15 mins	8 hrs	8 hrs 15 mins



5 from 2 votes

Course: Soup Cuisine: American Keyword: chicken enchilada soup
Servings: 5 Calories: 292kcal Author: Sarah Olson

Equipment

- Slow Cooker- 6 quart or larger

Ingredients

- 1 cup diced white onion
- 1 TBSP. minced jalapeno more if you can handle extreme heat
- 1/3 cup chopped cilantro
- 8.75 oz. can corn, drained
- 10 oz. can red enchilada sauce
- 10.75 oz. can cream of chicken soup
- 1.5 lbs. boneless skinless chicken breasts
- 32 oz. box chicken broth

Serving Suggestions

- Shredded Cheese cheddar or Monterey Jack
- Tortilla Chips

Instructions

Cooking Instructions: (follow freezer meal instructions before cooking if you want to freeze)

1. Place everything into a 6-quart slow cooker and stir. Cover and cook on Low for 8 hours without opening the lid during the cooking time.

Freezer Meal Preparations: (this recipe makes 1 freezer bag):

1. Write the name of the meal, date and cooking time on the very bottom edge of the a gallon size Ziplock bag. Place the ziplock bag into a tall large container, fold down the lip of the bag so the zip part won't get food all over it. Add the ingredients into to the bag in the order shown. Pull the bag out of the container and squeeze all the air out before sealing. Place flat in the freezer. Freeze for no longer than a month for best results.

To prepare after being frozen:

1. Place the freezer bag in the fridge to thaw 24-48 hours before you are ready to cook.
2. Cook according to directions above.

Notes

Nutrition facts are approximate, please use your own calculations if you require a special diet. Toppings are not included in nutrition.

Nutrition

Calories: 292kcal | Carbohydrates: 19g | Protein: 33g | Fat: 8g | Saturated Fat: 1g | Cholesterol: 91mg | Sodium: 1824mg | Potassium: 790mg | Fiber: 1g | Sugar: 5g | Vitamin A: 635IU | Vitamin C: 22.4mg | Calcium: 34mg | Iron: 2mg

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