



In your box

- 30 oz. Crushed Tomatoes
- 10 oz. Corn Kernels
- 26 oz. Boneless Skinless Chicken Breasts
- 8 tsp. Chicken Base
- 4 Limes
- ½ oz. Cilantro
- 1 ½ oz. Tortilla Strips
- 3 oz. Sour Cream
- 15 ½ oz. Black Beans
- 2 Tbsp. Fajita Seasoning

**Contains: milk*

You will need

- Salt, Pepper
- Wire-Mesh Strainer, Slow Cooker



Slow-Cooker

Chicken Tortilla Soup

with lime and sour cream

NUTRITION per serving—Calories: 369, Carbohydrates: 41g, Fat: 8g, Protein: 34g, Sodium: 1678mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

**Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.*

Cook Time
LOW HEAT
4-5 Hrs

Cook Within
5 days

Difficulty Level
Easy

Spice Level
Not Spicy

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Please read and follow all instructions in your slow cooker manual. Cook with a lid for the entire recommended cooking time; make sure to check that meal is fully cooked before eating. Use oven mitts or a towel when handling lid or pot.
- These recipes were developed with a 6-quart slow cooker. If you are using a larger slow cooker, add water as needed.



1

Prepare the Ingredients

- Drain and rinse **black beans** in a wire-mesh strainer.
- Halve **limes**. Juice two limes and cut other limes into wedges.
- Stem **cilantro** and coarsely chop.
- Pat **chicken** dry.



2

Start the Soup

- Place **slow cooker liner** in slow cooker, if desired. Fold top edges in before putting on lid.
- Combine 1 cup **water**, **beans**, **corn**, **tomatoes**, **chicken base**, **seasoning blend**, ¼ tsp. **salt**, and a pinch of **pepper** in a clean slow cooker.
- Top with **chicken** and season chicken with a pinch of **salt** and **pepper**.
- Turn slow cooker on to low heat. Cover, and cook until chicken reaches a minimum internal temperature of 165 degrees, 4-5 hours.



3

Finish the Soup

- After meal cooks, carefully shred **chicken** in slow cooker. Add 3 Tbsp. **lime juice** and stir to combine.



4

Finish the Dish

- Plate dish as pictured on front of card, topping **soup** with **sour cream**, **tortilla strips**, and **cilantro**. Squeeze **lime wedges** over to taste. Bon appétit!