

# Slow Cooker Chicken & White Bean Salsa Soup

Serving size: 6 (1 1/2 cup)



TOTAL TIME



DIFFICULTY



DAIRY-FREE

## Preparation

1. Place all ingredients into a slow cooker and stir well.
2. Cook on low for 8-10 hours or on high for 4-6 hours.

## Nutrition Facts Per Serving

Calories	217
Fat	5g
Saturated Fat	1g
Cholesterol	47mg
Carbohydrate	21g
Fiber	4g
Protein	21g

## Ingredients

- 1 pound chicken breast, cubed
- 1 14 ounce can low sodium chicken broth
- 1 12 ounce package frozen corn
- 1 15 ounce can white beans, drained and rinsed
- 1 16 ounce jar thick and chunky salsa
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 1/2 tablespoons cumin

