



Spin Your Own Axis

Crockpot Chicken Bean Soup

Soups have become such a favorite dish in our home. The epitome of comfort for snowy days, sick days or simply aiming for warmer foods this is it! It also aligns perfectly with our motto: Tasty. Balanced. Fast.



- **Prep Time:** 15 minutes
- **Cook Time:** 5 hours
- **Total Time:** 5hrs 15 minutes
- **Serving:** 5

Ingredients

- 4 oz. Chicken breast (Total of 20 oz. for 5 servings)
- 1 tablespoons olive oil
- 2 teaspoons Garlic powder
- 2 teaspoons Cumin powder
- 2 teaspoons Paprika Powder
- 1/4 teaspoon pepper
- 1 Lime
- 8oz Low sodium chicken broth
- 4oz water
- 30g diced tomato
- 50g corn
- 70g beans
- Cilantro
- Salt

Instructions

1. Marinate chicken with garlic, black pepper and lime.
2. Place in crockpot to begin cooking. Leave in for approximately two hours alone.
3. At 2 hour mark, add chicken broth and water along with cumin and paprika seasoning and let cook with chicken.
4. At four hour mark, add diced tomato, beans, corn and tint of salt to crockpot to cook altogether for the remainder of time until fully cooked.
5. In the middle of cooking remove chicken from crockpot to shred and then add back to crockpot to let cook fully.
6. Once cooked, serve with some cilantro and tortilla chips of your choice.
7. & that's it guys! Enjoy, savor and share your dishes by tagging us on Instagram or Snapchat!

Nutrition Facts

- **Serving Size:** 1/5
- **Calories:** 334
- **Carbohydrates:** 33g
- **Sodium:** 200mg
- **Fat:** 10g
- **Sugar:** 4
- **Protein:** 28g
- **Iron:** 3%
- **Fiber:** 3g