

Gluten Free Crockpot Enchilada Soup

<http://whatsfordinner-momwhatsfordinner.blogspot.com/2012/01/gluten-free-crockpot-enchilada-soup.html>

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What to do when the chef of the house is out of commission? Chef throws everything in a pot and goes back to bed. That is what I did this morning. I have seen this recipe all over pinterest and foodbuzz and all the regular places I go. The husband came home late last night and was not too thrilled with how sick I am. I have orders to stay in bed. But the family still needs food. Yes, others can cook. But I don't like people in my kitchen. It is just like someone coming to your desk at work and moving things around. I am perfectly fine admitting I am very anal about my kitchen. So here is a quick easy recipe. Took me 5 minutes to prep... ready a few hours later for everyone to scoop up and serve themselves.



Gluten Free Crockpot Chicken Enchilada Soup

3 tablespoons butter

2 tablespoons gluten free flour

½ cup chicken broth

2 cups milk

1 can (15 ounce) black beans, rinsed and drained

1 can (14.5 ounce) diced tomatoes and jalapenos

½ cup onion, chopped

1 can (10 ounce) Enchilada sauce

2 whole chicken breasts

1 cup shredded Monterrey Jack cheese

sour cream

Tortilla Chips

optional

1 package (10 ounce) frozen corn

Jalapeno peppers

Melt butter in a saucepan over medium-low heat. Stir in flour until smooth and bubbly.

Remove from heat and add the chicken broth and ½ cup milk, a little at a time, stirring to keep smooth. Return to heat. Bring sauce to a gentle boil; cook, stirring constantly, until it thickens. In a large bowl, whisk together the enchilada sauce and chicken broth mixture . Gradually whisk in remaining milk until smooth. Set aside.

In a crockpot, combine drained beans, tomatoes, onion, and optional corn and bell pepper. I found it had plenty of flavor without the bell pepper and I am using corn tortillas so I did not want to add more corn.

Add chicken breasts. Pour sauce mixture over ingredients in cooker

Cover; cook on low heat for 6 to 8 hours or on high for 3 to 4 hours.

When you are ready to serve, remove chicken and shred into bite-sized pieces. Add chicken back into the soup, mix together. Top with cheese and serve. You can top your soup with whatever you like. Popular toppings are cheese, sour cream, chips, avocado, cilantro.

Enjoy!



