

Creamy Chicken Tortilla Soup

Ingredients

1.5 lb of Hormone Free Antibiotic Free Chicken breasts
1 ½ teaspoon of sea salt
1 28 oz can of organic crushed tomatoes with basil or fire roasted
2 cups of Organic chicken bone broth (rebuilds the gut)
1 medium onion chopped
4 garlic cloves
1 tsp onion powder
2 tsp garlic powder
1 tsp cumin
1 tsp oregano
2 tsp chili powder
1 tsp paprika
2 zucchinis chopped in half moons
2 yellow squashes in half moons
ADD LAST:
¾ 14 oz can of coconut cream (whisked to smooth before added to pot)

Garnishes

Fresh avocado
Organic gmo free corn chips
Cilantro
Coconut cream ¼ leftover
Organic tortilla chips

Directions

Turn on Crockpot on low.
Add bone broth.
Lay down chicken breasts.
Add the rest of the ingredients as listed.
Cook on high 4 hours, low 6 hours.

