

Nacho Cheese Chicken Chowder

Makes: 6 servings

Prep 10 mins

Cook 4 hrs to 5 hrs (low) or 2-2.5 hours (high)

ingredients

- 1** pound skinless, boneless chicken breast halves, cut into 1/2-inch pieces
- 2** 14 1/2 ounce cans Mexican-style stewed tomatoes
- 1** 10 3/4 ounce can condensed nacho cheese soup
- 1** 10 ounce package frozen whole kernel corn (2 cups)
Shredded Mexican-style or cheddar cheese



directions

- 1.** In a 3-1/2- or 4-quart slow cooker, stir together chicken, undrained tomatoes, soup, and corn.
- 2.** Cover and cook on low-heat setting for 4 to 5 hours or on high-heat setting for 2 to 2-1/2 hours. Sprinkle each serving with cheese. Makes 6 servings.

nutrition facts (Nacho Cheese Chicken Chowder)

Servings Per Recipe 6, cal. (kcal) 244, Fat, total (g) 6, chol. (mg) 55, sat. fat (g) 3, carb. (g) 24, fiber (g) 2, sugar (g) 7, pro. (g) 23, vit. A (IU) 1166, vit. C (mg) 5, Thiamin (mg) 0, Riboflavin (mg) 0, Niacin (mg) 7, Pyridoxine (Vit. B6) (mg) 0, Cobalamin (Vit. B12) (µg) 0, sodium (mg) 647, Potassium (mg) 154, calcium (mg) 121, iron (mg) 1, Percent Daily Values are based on a 2,000 calorie diet

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