

## Chicken Enchilada Soup

### INGREDIENTS

- 2TBS butter or ghee
  - 1C shredded chicken
  - 2 stalks celery, chopped
  - 2 medium carrots, chopped
  - 1 red onion, diced
  - 2 cloves garlic, chopped
  - 1 red pepper, diced
  - 1/2C shredded sweet corn
  - 1 can fire roasted diced tomatoes
  - 1 can black beans
  - 4C bone broth
  - 1/2C enchilada sauce
  - 1 can coconut cream (5.4oz)
  - 1/4C tomato paste
  - 1TBS basil
  - 1TBS oregano
  - 1/2 tsp sea salt
  - 1/2 tsp black pepper
  - 1TBS chili powder
  - Optional avocado, cheese, cilantro, jalapeno for garnish
1. Melt butter in a large pan over the stove then add onion and garlic.
  2. Sauté for a couple minutes then add carrot, celery, and red pepper.
  3. Add beans and corn then mix. Stir in seasonings.
  4. Add canned tomatoes, tomato paste, coconut cream, enchilada sauce and bone broth then mix well.
  5. Allow to simmer for about 25 minutes then serve garnished with optional avocado, cheese, cilantro, and/or jalapeno.