



# #MakeItGAP

## RECIPES

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## CHICKEN, LIME & AVOCADO SOUP

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**YIELD:** Serves 6

**INGREDIENTS:**

2 quarts Whole30-compliant chicken broth or chicken bone broth  
1 can (14.5 ounces) Whole30-compliant diced tomatoes  
1 medium white onion, finely diced  
1 jalapeño, seeded and finely diced  
3 cloves garlic, minced  
1 Tbsp. chipotle powder or regular chili powder  
1 tsp. ground cumin  
1 tsp. dried oregano  
1/2 tsp. salt  
1/2 tsp. black pepper  
4 (about 2 lbs.) boneless, skinless chicken breasts  
1/2 cup chopped fresh cilantro

**PREPARATION:**

In a 6-quart slow cooker, stir together the broth, tomatoes, onion, jalapeño, garlic, chipotle powder, cumin, oregano, salt, and pepper. Add the chicken.

Cover and cook on low for 8 to 10 hours or on high for 4 to 5 hours.

Use tongs to transfer the chicken to a cutting board. Use two forks to shred the chicken. Return the chicken to the cooker and stir in the cilantro and lime juice.

Ladle into bowls and top with avocado and serve with lime wedges.

*Recipe adapted from the Whole30 Slow Cooker Cookbook by Melissa Hartwig*