

# Crock Pot Chicken Tortilla Soup

The morning is half over and my whole family is still wearing pajamas. Yay for snow days! But since it's dreadful and cold outside, I need something hot and satisfying to fill our bellies. I decided that we should head south of the border tonight and enjoy some Mexican fare, so today I am sharing my recipe for chicken tortilla soup. This recipe is simple and easy (and note— it freezes well, too!) and you can definitely vary the spiciness of the dish, depending how much heat your mouth can withstand.

I am sharing my basic recipe for this soup, but feel free to add any of the following to the pot for additional spice. I would recommend only picking one or two of these things as each one packs a punch:

1/2 t. cayenne pepper OR

1 chopped jalapeno pepper OR

1 t. Tabasco sauce

You can also decorate your chicken tortilla soup in a variety of ways. Try sprinkling some fresh, chopped cilantro on top, or a few slices of avocado. If the spice is more than you anticipated, cut it with some shredded monterey jack cheese or a dollop of sour cream. Most restaurants serve this soup with tortilla strips— you can crumble regular tortilla chips on top for the same effect. Or just like an old scantron test, you can select E. All of the Above (that's the correct answer!!)

We might be skating on the lawn and building a snowman on the porch, but at dinner tonight, we'll all be saying "Ole!"

1 28 oz. can petite diced tomatoes

2 10 oz. cans diced tomatoes with green chiles  
1 15 oz. can sweet corn, no salt added (drained)  
1 lb. frozen chicken breasts or tenders  
1/2 medium onion, chopped  
2-3 cloves garlic, minced  
1 T. chopped fresh cilantro  
1 bay leaf  
1 t. chili powder  
1 t. cumin  
1/2 t. black pepper  
1/2 t. salt

Put all ingredients in crock pot and stir so that the spices mingle with all of the solid foods. Cook on low for 6 hours. Remove chicken, shred it and then put back in crock pot for one hour. Serve with any of the additional spices or toppings outlined above.

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## Crock Pot Cincinnati Chili

If you are unfamiliar with Cincinnati chili, let me explain to you how this is different from what you might think. This is more like a spaghetti sauce, than a stew. It usually has some combination of allspice, cinnamon and sometimes cocoa powder in it. There are no beans cooked in this pot and it is not

meant to be consumed by itself. It is however, an amazing topper for hot dogs, spaghetti, french fries or even in a tortilla! When you eat this, there are different ways of presenting it– five in fact! Two-way would be spaghetti and chili, three-way adds finely shredded cheddar cheese, four-way diced onions and five-way would be all of the above plus some dark red kidney beans. Crazy enough– you can also top it with oyster crackers and hot sauce, if you so choose.

Skyline and Gold Star are probably the most common brands of Cincinnati Chili and you can get it at the fast-food restaurants or in cans at the grocery store. But since I don't live in the Great Lakes area anymore, I make my own crock pot Cincinnati chili using my best friend's mom's recipe. Yes, it's three degrees of separation, but it's still so good! So to "K" and "R"– thank you for sharing your recipe with me, it's better than the original!!

1.5 lbs. ground beef

1 29 oz. can tomato sauce

1 14.5 oz can peeled whole tomatoes

1 onion, diced

1/2 t. allspice

1/2 t. cinnamon

1 t. salt

1/2 t. black pepper

1 1/2 t. chili powder

1 t. white vinegar

1 clove garlic, minced

3 bay leaves

Brown meat in a pan, then add to crock pot. Add all ingredients and stir well. Cook on high 4-5 hours. Smash peeled tomatoes while still in the crock pot. Remove bay leaves before serving. See notes above for different ways of enjoying your Cincinnati chili, including on a hot dog, on french fries, in a tortilla, or most commonly on spaghetti and topped with finely shredded cheddar cheese.

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## Crock Pot Drunk and Cheesy Sausages

There is something special about the first time we take the cover off the grill, fill the tank of gas and scrub off all the crisps from last season's leftovers still charred to the grill. But while we might be eager to welcome warmer weather, there are lots of great ways to enjoy grillable meats without having to unearth your outdoor kitchen. If you are still buried in snow or are out of gas for the grill, this recipe is a good way to try your brats in a new way.

When you pick your beer, think about the flavors and aftertaste that you get when you drink it. A heavy and bitter dark beer may taste smooth when cold, but it may become a little too intense when it cooks and evaporates. A light easy beer that reminds you of cheap nights in college isn't going to add much to your meat. I suggest trying an amber, a red or a seasonal beer. It doesn't make much of a difference if you use a can or a bottle, just as long as it isn't flat when you pour it in. There is something very unique about the effervescing smell of carbination bubbles soaking into freshly sliced onions and fresh sausages that just makes me think of

summer BBQs, outdoor concerts and sitting in the stands at baseball games. Are you with me? Then “go team go” and enjoy your drunk and cheesy sausages!

6 italian sausages (hot, mild or sweet mild)

6 oz beer

1/2 onion, sliced

1 c. shredded cheddar cheese (at least)

Lay sausages flat in the crockpot and lay thinly sliced onions on top. Pour half a beer onto the meat and if it's after noon o'clock, drink the other half! Cook on high for 4 hours. Put one sausage and some onions on a bun and then sprinkle with lots of shredded cheese. Feel free to decorate your drunk and cheesy sausage with any variety of condiments.

*(if you want more specific details– I made this yesterday with hot italian chicken sausages, Amstel Light beer and shredded mild cheddar up on top with a squirt of yellow mustard) □*

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## Crock Pot Pomme de Tara

A friend of mine wants to use her crock pot more, but has an allergy to tomatoes. After doing a little research, I agreed with her– most crock pot recipes seem to have some sort of tomato or tomato-based product in them! It is an injustice that my friend should not be able to embrace easy crock pot cooking more often. So, my next few recipes will definitely not be red. And if it's just that you don't like tomatoes, these might just become some of your new favorites too.

This is an easy potato casserole that gets jazzed up by the cheese and chips. Since the french word for potato is “pomme de terre”, I am honoring my friend Tara with this recipe for “Pomme de Tara”. Enjoy! ☐

**(Is there a recipe you'd like to see or an ingredient you'd like to avoid?? Click on my contact page and send me a note—I'm happy to post something just for YOU!)**

6-8 potatoes, diced

1 onion, chopped

4 T. butter, melted

1 c. milk

1 c. sour cream

1-2 garlic cloves, chopped fine

1 t. parsley

salt and pepper

1 cup Cool Ranch Doritos— crunched up into little bitty pieces

1 cup shredded cheddar cheese

Put potatoes and onions in the crockpot first. In a separate bowl, mix together melted butter, milk, sour cream and seasonings. Pour mixture over potatoes and onions and stir. Cook on low for 6 hours. Turn pot off and mix shredded cheese and Doritos into pot, but don't overstir— you don't want your soft potatoes to turn into mashed potatoes. Feel free to top this with crumbled bacon, chives or green onions. Makes a great side dish for breakfast, lunch or dinner!