



## **Mexican Gumbo**

4 Boneless, Skinless Chicken Breasts  
2 Packets Fernandez Enchilada Sauce Powder (1.5 oz ea), prepared (makes 4 cups sauce total)  
1 – 2 onions, diced  
2 T Garlic Paste  
2 T Cilantro Paste  
2 t Cumin  
2 t Salt  
2 Cans Rotel Tomatoes  
2 Bay Leaves  
1 48-ounce box Chicken Broth  
4 – 6 cups Black Beans\*

Add all ingredients to Crock Pot, except beans. Cook on Low for 8 hours. Approximately 1 hour before serving, remove chicken and shred. Return chicken to Crock Pot and add black beans to taste. Be careful – do not overfill Crock Pot or it will bubble over. Continue cooking so flavors can meld.

Discard bay leaves. Serve over rice. Garnish with cheese, sour cream, and tortilla chips.

Yields approximately 5 quarts of soup.

\* Regarding the beans – canned beans, drained and rinsed, work fine. Dried beans that have been cooked ahead of time work even better. One 16 ounce bag of dried black beans will yield approximately 5 cups of cooked beans.

### **Freezing Instructions**

Spoon into appropriately-sized freezer containers and freeze up to three months.

When freezing spicy things, be aware that time in the freezer generally increases the heat level. Rotel tomatoes can be very spicy, so if you want a milder soup, use plain diced tomatoes. Beans will become softer after being in the freezer. If cooking your own beans, undercook them slightly and they will be just right when thawed.

