Mexican Chicken Soup

This kicked-up version adds a bit of heat to a classic chicken soup — a perfect choice on a cold evening.

Ingredients

2 teaspoons canola, corn, or olive oil (extra virgin preferred)

1 large onion, chopped

1 medium red or green bell pepper, chopped

1 medium fresh jalapeño, seeds and ribs discarded, diced (optional)

2 teaspoons ground cumin

2 medium garlic cloves, minced

OR

1 teaspoon garlic powder

5 cups fat-free, low-sodium chicken broth

1 1/2 pounds boneless, skinless chicken breasts, all visible fat discarded, cut into 1-inch cubes

1 15.25-ounce can no-salt-added kidney beans, rinsed and drained

1 15.25-ounce can no-salt-added whole-kernel corn, rinsed and drained

1 large tomato, diced

1 /2 cup chopped fresh cilantro and sprigs of fresh cilantro (optional)

Directions

In a large saucepan, heat the oil over medium heat, swirling to coat the bottom. Cook the onion, bell pepper, and jalapeño for 5 minutes, or until the onion is soft and the bell pepper and jalapeño are tender-crisp. Stir in the cumin and garlic. Cook for 1 minute.

Stir in the broth. Increase the heat to high and bring to a rapid simmer. Stir in the chicken. Cook for 5 minutes, or until no longer pink in the center. Stir in the beans, corn, tomato, and chopped cilantro. Cook, covered, over medium heat for 10 minutes.

Garnish with the remaining sprigs of cilantro. Serve immediately.

Calories	Protein	Fiber	Cost Per Serving
281 Per Serving	33g Per Serving	8g Per Serving	$2.25

Nutrition Facts

Calories	281
Total Fat	5.0 g
Saturated Fat	1.0 g

Trans Fat	0.0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	1.5 g
Cholesterol	73 mg
Sodium	204 mg
Total Carbohydrate	27 g
Dietary Fiber	8 g
Sugars	6 g
Protein	33 g

Dietary Exchanges
4 lean meat, 1 vegetable, 1 1/2 starch

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