

# Mexican Chicken Soup

Makes 8 1-cup servings

## Ingredients

- |   |  |
|---|--|
| 2 (14.5 oz.) cans of Mexican-style <b>diced tomatoes</b>                      | 2 cloves <b>garlic</b> , minced or 1/2 teaspoon garlic powder              |
| 1 (15 oz.) can <b>black beans</b> , drained and rinsed                        | 1 teaspoon <b>chili powder</b>   |
| 2 cups fresh or frozen <b>corn</b> or 1 (15 oz.) can corn, drained and rinsed | 1 teaspoon ground <b>cumin</b> (optional)                                  |
| 1 (14.5 oz.) can sodium-reduced <b>chicken broth</b> or 2 cups homemade       | 1/4 teaspoon <b>pepper</b>   |
|   | 1 pound <b>skinless, boneless chicken breast</b> (approximately 2 breasts) |



## Optional Garnishes

Chopped **cilantro**, sliced **avocado**, shredded **cheese**, or baked **tortilla chips**

## Directions

- 1) Add tomatoes, beans, corn, broth, garlic, chili powder, cumin, and pepper in large pot.
- 2) Remove and discard any visible fat from chicken. Cut chicken into large chunks and add to the saucepan. Heat to boiling, reduce heat and simmer, covered, for 20 minutes, or until chicken is tender.
- 3) Remove the chicken and place on a plate; use forks to shred the chicken. Return the shredded chicken to soup.
- 4) Make it a balanced meal by including shredded cheese and avocado as garnishes.

Recipe adapted from: <http://www.extension.iastate.edu/foodsavings/recipes/mexican-chicken-soup>



## Tips and Variations:

Try **any other type of canned beans** in place of black beans.

With a little extra planning and preparation, **dry beans** can be substituted for canned. One 15-ounce can of beans is equal to about 1/2 to 1/4 cup of dry beans.

**Make your own chips!** Cut 6-inch corn tortillas into 6 pieces, spray both sides lightly with oil, spread on a cookie sheet and bake for 8-12 minutes at 400°F or until lightly crisped.

Use **regular diced tomatoes** instead of Mexican-style and then add extra **chili powder** and **cumin** to taste.

## Nutrition Facts

servings per container  
**Serving size** (407g)

Amount per serving  
**Calories** **270**

	% Daily Value*
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 380mg	<b>17%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 33g	
Vitamin D 0mcg	<b>0%</b>
Calcium 89mg	<b>6%</b>
Iron 3mg	<b>15%</b>
Potassium 356mg	<b>8%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*This card was funded by the USDA SNAP program, which is called 3SquaresVT in Vermont. USDA is an equal opportunity provider and employer. To learn how 3SquaresVT can help low income people buy more healthy food, go to [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com) or call Vermont 2-1-1.*