

MEXICAN CHICKEN AND BLACK BEAN SOUP

About 12 cups

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| 1 | pound boneless, skinless chicken breasts | 2 | cups chicken broth |
| 2 | tablespoons butter | 1 | cup salsa |
| 1 | garlic clove, minced | 1/2 | cup chopped fresh cilantro |
| 2 | (14.5-ounce) cans stewed or diced tomatoes, cut up | 1 | tablespoon ground cumin |
| 1 | (15-ounce) can corn, undrained | | |
| 1 | (15-ounce) can black beans, drained | | |
- Shredded Monterey Jack or pepper Jack cheese
Tortilla chips
Sour cream

1. Cut the chicken into bite-size pieces. Melt the butter in a soup pot over medium heat. Cook and stir the chicken until slightly browned and no longer pink. Add the garlic and cook for 30 seconds.
2. Add the tomatoes, corn, beans, broth, salsa, cilantro, and cumin; bring to a boil. Decrease the heat, cover, and simmer for 20 minutes.
3. To serve, place a scoop of cheese in a soup bowl, then tortilla chips, and soup. Top with a dollop of sour cream.

Serve with a green salad or fresh fruit and additional chips and salsa.

Variation: If you have leftover cooked chicken on hand (about 3 cups), simply put it and the remaining ingredients (butter through cumin) in the slow cooker and cook for 4 to 8 hours.

Can be made *Meatless*:
Omit the chicken and substitute vegetable broth for the chicken broth.



THURSDAY MEXICAN NIGHT

It seems there are endless variations on Mexican-inspired "tortilla" soups. This one is similar to Beef and Bean Taco Soup on the facing page, but the chicken gives a different flavor and also reduces the fat content. I think you'll like them both!