

Mexican Chicken Soup

3 pounds chicken pieces (skin removed)
2 cups tomatoes (chopped)
1 clove garlic (minced)
½ cup onion (chopped)
¼ cup mild canned chilies (diced)
2 cups canned pinto or garbanzo beans (drained)

PREPARATIONS

1. Place chicken pieces in a large saucepan and add enough water to cover.
2. Cook until tender, about 25 minutes.
3. Remove chicken pieces from the broth.
4. Add tomatoes, garlic, onion and chilies.
5. Remove chicken meat from the bones and return meat to broth.
6. Add beans, and salt and pepper to taste. Simmer for about 15 minutes.

Makes: 6 servings

Nutritional Information (per serving)

Total Calories	390
Total Fat	14 g
Protein	49 g
Carbohydrates	16 g
Dietary Fiber	5 g
Saturated Fat	4 g
Sodium	460 mg
Total Sugars	2 g

Source: USDA