

Mexican Chicken Soup



Description

Makes 6 servings

Approximately \$2.74 per serving

Prep time: 15 min

Cook time: 20 min

- 1 14.5-ounce can no-salt-added or low-sodium kernel corn, drained and rinsed
- 1 15.5-ounce can no-salt-added or low-sodium red kidney beans, drained and rinsed
- 2 teaspoons canola oil or extra-virgin olive oil
- 1 medium bell pepper (green or red), chopped
- 1 large onion, chopped
- 1 medium jalapeno pepper, diced (remove seeds to reduce spice/heat)
- 2 garlic cloves, minced (or 1 teaspoon garlic powder)
- 2 tsp ground cumin
- 5 cups fat-free, low sodium chicken broth
- 1.5 lbs boneless, skinless chicken breasts, cut into 1" cubes
- 1 large tomato, diced
- ½ cup chopped cilantro

1. Drain beans and corn in colander, rinse, set aside.
2. Heat oil in large saucepan over medium heat. Add bell pepper, onion and jalapeno; cook 5-7 minutes, stirring often until vegetables are tender. Stir in garlic and cumin and cook another minute.
3. Add broth to saucepan, increase heat to high, and bring to rapid simmer. Add chicken and cook until no longer pink, about 5 min. Stir in beans, corn, tomato and cilantro, cover and cook on medium heat for 10 minutes, top with extra cilantro leaves (optional) and serve hot.

Per serving:

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, Carbohydrates: 27 g, Fiber: 8 g, Sugars: 6 g, Protein: 33 g