

Chicken Taco Soup

Serves 8 - 1-1/2 cups



Ingredientes:

- 1 15 ounce can black beans
- 1 15 ounce can pinto beans
- 1 15 ounce can sweet corn
- 1 14.5 ounce can petite diced tomatoes
- 1 12.5 ounce can chicken breast in water
- 1 10 ounce can green enchilada sauce
- 1 14 ounce can low-sodium chicken broth
- 1 packet taco seasoning
- 1 teaspoon black pepper, or to taste
- 4 corn tortillas (optional)
- Oil

Directions:

1. Wash your hands well with soap and hot water.
2. Drain and rinse black beans, pinto beans, and sweet corn and add to a large pot.
3. Add diced tomatoes, canned chicken, enchilada sauce, chicken broth, and seasonings.
4. Bring to a boil and then turn down to a simmer on low for 20 – 30 minutes.
5. Preheat oven to 350°F. Lightly coat both sides of each tortilla with oil and bake 8 – 11 minutes or until crisp. Stack tortillas and cut into strips. Top each soup serving with baked tortilla chips.
6. Refrigerate leftovers within 2 hours.

NOTE: Can also prepare in slow cooker on low heat for 2 – 3 hours.

Use rotisserie chicken instead of canned if you prefer.

Recipe courtesy of Mississippi State University Extension Service and the Office of Nutrition Education

Nutrition Facts

8 servings per container	
Serving size 1-1/2 cups (358g)	
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 1000mg	43%
Total Carbohydrate 39g	14%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 68mg	6%
Iron 6mg	35%
Potassium 482mg	10%

*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 material is based on the Expanded Food and Nutrition Education Program (EFNEP), supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.



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