

# Creamy Tomato Soup with Corn, Chicken and Bacon

Yield: 6 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/bobby-flay-mexican-corn-recipe>

## Ingredients:

- 1/4 cup white onion
- 4 cloves garlic
- 30 ounces diced tomatoes
- 8 ounces mexicorn a blend of corn with red and green bell peppers
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper freshly
- 1 teaspoon ground cumin
- 1/2 cup buttermilk
- 1 cup chicken broth
- 2 1/2 cups chicken breast cooked shredded, I used a rotisserie chicken and shred it
- 1 cup bacon cooked crumbled
- bread bowls if desired

## Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 60 milligrams
4. Fat: 16 grams
5. Fiber: 2 grams
6. Protein: 21 grams
7. SaturatedFat: 5 grams
8. Sodium: 930 milligrams
9. Sugar: 6 grams

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