

Mexican Soup

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-mexican-soup-recipe>

Ingredients:

- 3 boneless chicken breast halves cooked, shredded
- 15 ounces kidney beans
- 1 cup whole kernel corn
- 14 1/2 ounces stewed tomatoes
- 1/2 cup chopped onion
- 1/2 green bell pepper chopped
- 1/2 red bell pepper chopped
- 4 ounces chile peppers chopped green
- 29 ounces chicken broth
- 1 tablespoon ground cumin

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 65 milligrams
4. Fat: 9 grams
5. Fiber: 3 grams
6. Protein: 33 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 520 milligrams
9. Sugar: 8 grams

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