

Easy & Healthy Mexican Chicken Soup

Yield: 6 min
Total Time: 45 min

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

Ingredients:

- 4 cups chicken broth
- 2 cups water
- 1 pound chicken breast cooked shredded
- 1 can corn kernels fresh or frozen
- 15 ounces black beans can of, rinsed and drained
- 14 1/2 ounces diced tomatoes with juice fire roasted
- 3 cloves garlic mince
- 1 onion large, diced
- 1 red bell pepper large, sliced into strips
- 1 tablespoon olive oil
- 2 teaspoons ground cumin
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 1 teaspoon oregano
- 1/2 teaspoon ground black pepper
- salt to taste
- 1 jalapeno pepper finely chopped, optional
- 1 teaspoon Tabasco Sauce or Hot salsa, optional

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 60 milligrams
4. Fat: 7 grams
5. Fiber: 7 grams
6. Protein: 41 grams
7. SaturatedFat: 2 grams

8. Sodium: 1500 milligrams
 9. Sugar: 9 grams
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