

# Creamy Mexican Chicken Chili Soup

Yield: 6 min  
Total Time: 45 min

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

## Ingredients:

- 1 tablespoon olive oil or coconut oil
- 1 pound boneless, skinless chicken breasts diced
- 1 onion large, chopped
- 2 cloves garlic minced
- 8 ounces green chilies
- 30 ounces white beans drained and rinsed
- 2 tablespoons ground cumin
- 1 tablespoon dried oregano
- 2/3 cup hummus
- 3 cups low sodium vegetable broth or water, or chicken broth
- salt
- pepper
- limes optional
- grated cheese optional
- avocado optional
- cilantro optional

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 50 milligrams
4. Fat: 9 grams
5. Fiber: 13 grams
6. Protein: 30 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 410 milligrams
9. Sugar: 4 grams

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