

30 Minute Mexican Soup

Yield: 8 min
Total Time: 30 min

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

Ingredients:

- 1 onion medium, chopped
- 4 cups chicken cooked and chopped
- 2 cans refried beans
- 1 can corn
- 1 can black beans
- 1 1/2 cups salsa
- 2 cups chicken stock
- 1/4 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon chili powder

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 75 milligrams
4. Fat: 5 grams
5. Fiber: 12 grams
6. Protein: 35 grams
7. SaturatedFat: 1 grams
8. Sodium: 1170 milligrams
9. Sugar: 4 grams

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