

Chicken Enchilada Soup

Yield: 6 min
Total Time: 30 min

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

Ingredients:

- 3 tablespoons olive oil
- 1 medium onion diced
- 1 jalapeno seeds and stem removed, optional
- 1 teaspoon minced garlic about 2 cloves
- 1/2 cup masa harina
- 3 cups chicken broth
- 2 1/4 cups red enchilada sauce authentic version, easy 10-minute version, or 2 10-ounce cans
- 3 cups chicken cooked shredded, about 1 1/2 pounds
- 14 ounces black beans rinsed and drained
- 14 ounces fire roasted diced tomatoes
- 8 ounces green chiles
- 1 teaspoon salt plus more to taste
- 4 ounces cream cheese

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 95 milligrams
4. Fat: 18 grams
5. Fiber: 10 grams
6. Protein: 35 grams
7. SaturatedFat: 6 grams
8. Sodium: 1700 milligrams
9. Sugar: 10 grams

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