

Mexican Chicken Gumbo

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 3 tablespoons olive oil divided
- 3/4 cup diced onion
- 3 cloves minced garlic
- 1/2 teaspoon paprika
- 1/2 teaspoon cayenne
- 1 teaspoon oregano
- 1 teaspoon cumin
- 1 chipotle pepper in adobo
- 14 1/2 ounces diced tomatoes
- 1 1/2 cups vegetable broth
- 1/2 teaspoon sugar
- 2 flour tortillas small
- 1 can black beans drained
- 1 cup rice cooked according to package directions
- 1 cup rotisserie chicken chopped
- 1 avocado cubed
- 1 handful cilantro chopped
- 2 limes cut in half

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 64 grams
3. Cholesterol: 85 milligrams
4. Fat: 22 grams
5. Fiber: 15 grams
6. Protein: 19 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 950 milligrams
9. Sugar: 8 grams

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