

Mexican Fiesta Chicken Soup with Corn and Black Beans

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 2 olive oil tbsn
- 8 cups chicken broth
- 2 cups diced chicken
- 1 diced onion
- 2 stalks diced celery
- 1 can black beans rinsed and drained
- 1 can diced tomatoes
- 1 cup frozen sweet corn
- 1 teaspoon chili powder Chipotle
- 1 teaspoon cumin
- 1/2 teaspoon celery salt
- 1/2 teaspoon coriander seed
- 1/2 cup rice uncooked, or quinoa or barley, optional
- browning
- avocado
- lime wedges
- corn chips Crushed
- cilantro

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 75 milligrams
4. Fat: 18 grams
5. Fiber: 12 grams
6. Protein: 42 grams
7. SaturatedFat: 2.5 grams

8. Sodium: 650 milligrams

9. Sugar: 4 grams

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