

# Mexican Roast Chicken & Tomato Soup

Yield: 5 min  
Total Time: 75 min

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

## Ingredients:

- 3 5/16 pounds tomatoes ripe, halved vertically
- 2 onions cut into wedges
- 1 chicken medium, jointed into pieces
- 2 tablespoons olive oil plus extra for shallow frying
- 3 garlic cloves roughly chopped
- 3 red chillies deseeded and roughly chopped
- 1 tablespoon coriander seed crushed
- 2 1/16 cups black beans or can pinto, drained and rinsed
- 1 lime
- 4 tablespoons chipotle paste
- 3 corn tortillas cut into triangles
- 1 handful coriander chopped
- 2 avocados stoned, peeled and cut into bite-sized pieces
- 7/8 cup soured cream optional

## Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 140 milligrams
4. Fat: 31 grams
5. Fiber: 17 grams
6. Protein: 49 grams
7. SaturatedFat: 9 grams
8. Sodium: 510 milligrams
9. Sugar: 14 grams

Thank you for visiting our website. Hope you enjoy Mexican Roast Chicken & Tomato Soup above. You can see more 18 recipe for mexican roast chicken Dive into deliciousness! to get more great cooking ideas.