

Easy Mexican Chicken and Rice Soup

Yield: 5 min
Total Time: 25 min

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

Ingredients:

- 2 tablespoons olive oil
- 1 onion medium, diced
- 1 teaspoon dried oregano
- 1/4 teaspoon salt or to taste
- 1/8 teaspoon black pepper or to taste
- 15 ounces fire roasted diced tomatoes with juices
- 6 cups low sodium chicken broth
- 1 cup frozen corn kernels or fresh
- 1/3 cup long-grain white rice or medium-, not cooked
- 2 cups chicken cooked and shredded, See Recipe Note
- 1/2 bunch cilantro sprigs fresh, for garnish, optional
- 2 limes quartered, for garnish, optional
- corn tortillas to serve

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 60 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 27 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 280 milligrams
9. Sugar: 3 grams

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