

Chicken Taco Soup

Yield: 8 min

Total Time: 255 min

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

Ingredients:

- 1 teaspoon onion powder
- 1 can chili beans 16oz
- 1 can black beans 15oz
- 1 can whole kernel corn, drained 15oz
- 1 can tomato sauce
- 1/2 cup chicken broth
- 2 cans diced tomatoes with green chilies 10oz
- 1 package taco seasoning
- 2 cups chicken shredded
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 8 ounces cheddar cheese shredded
- sour cream optional

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 70 milligrams
4. Fat: 13 grams
5. Fiber: 7 grams
6. Protein: 25 grams
7. SaturatedFat: 7 grams
8. Sodium: 1110 milligrams
9. Sugar: 5 grams

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