

Mexican Soup With Chicken

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 2 tablespoons olive oil
- 1 onion chopped
- 4 garlic cloves crushed
- 1 ancho or other large dried chilli, deseeded and softened in boiling water for about 10 mins
- 1/2 teaspoon ground cumin
- 2 1/4 cups plum tomatoes
- 6 1/3 cups chicken stock
- 2 chicken breasts sliced
- 2 limes
- lime wedges
- avocado
- tortilla chips
- coriander
- red onion

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 50 milligrams
4. Fat: 17 grams
5. Fiber: 7 grams
6. Protein: 28 grams
7. SaturatedFat: 2 grams
8. Sodium: 640 milligrams
9. Sugar: 14 grams

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