

Amy's Mexican Soup

Yield: 12 min
Total Time: 165 min

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

Ingredients:

- 4 skinless boneless chicken breast halves 6 ounce
- 28 ounces whole peeled tomatoes drained
- 10 ounces diced tomatoes with green chile peppers
- 2 tablespoons olive oil
- 1 onion medium, chopped
- 1 tablespoon garlic chopped fresh
- 32 fluid ounces chicken broth
- 14 1/2 ounces kidney beans rinsed and drained
- 14 1/2 ounces black beans rinsed and drained
- cayenne pepper to taste
- chili powder to taste
- cheddar cheese shredded
- sour cream for topping

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 5 milligrams
4. Fat: 4.5 grams
5. Fiber: 3 grams
6. Protein: 6 grams
7. SaturatedFat: 1 grams
8. Sodium: 180 milligrams
9. Sugar: 1 grams

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