

Zero Point Chicken Taco Soup

Yield: 12 min
Total Time: 20 min

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

Ingredients:

- 1 small onion chopped
- 15 1/2 ounces seasoned black beans drained
- 15 1/2 ounces light kidney beans drained
- 8 ounces tomato sauce
- 10 ounces frozen corn
- 20 ounces diced tomatoes with green chilis
- 1 packet taco seasoning
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 2 boneless, skinless chicken breast
- 1/2 cup water

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 15 milligrams
4. Fat: 1.5 grams
5. Fiber: 4 grams
6. Protein: 8 grams
7. Sodium: 250 milligrams
8. Sugar: 4 grams

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