

Mexican chicken soup



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing

About this recipe

Serves

8

Serving size

1 cup

Time to make

20 minutes preparation; 30 minutes cook time

Special criteria

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Ingredients

- 2 15-ounce cans diced tomatoes (Mexican-style), no salt added
- 1 15-ounce can low sodium black beans, drained and rinsed
- 2 cups frozen corn or 1 12-ounce canned corn, drained and rinsed
- 2 cups low-sodium chicken broth
- 2 cloves garlic, minced or 1/2 teaspoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/4 teaspoon black pepper
- 1 pound skinless, boneless chicken breast, cut into large cubes

Directions

1. Mix all ingredients except for the chicken in a large saucepan. Add the chicken.
2. Heat to boiling. Reduce heat and simmer, covered, for 20 minutes or until the chicken is tender and fully cooked.
3. Remove chicken and place on a plate. Use forks to shred the chicken. Once shredded, return chicken to the soup and reheat if needed.

Tips and variations

- Garnish with chopped cilantro, sliced or chopped avocado, light sour cream, or low-fat shredded cheese.
- For more flavor, add green pepper with the tomatoes, beans, and corn.
- To make cooked black beans from scratch, follow the instructions on [Preparing dry beans and whole dry peas](#).

Nutritional info

Calories

175

Total fat

3 g
Saturated fat
1 g
Cholesterol
36 mg
Sodium
309 mg
Total carbohydrates
23 g
Dietary fiber
5 g
Protein
18 g
Total sugar
5.2 g

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