

Southwest Chicken Soup

Prep: 20 minutes | Cook: 30 minutes | Total: 50 minutes

Yield: 8 servings | Serving Size: ~1½ cups

Ingredients

2 teaspoons oil
1 pound boneless, skinless chicken breast, cubed
¾ cup diced onion
1 medium bell pepper, diced
1 (12-ounce) bag frozen green beans, thawed
12 cloves garlic, minced (about 2 tablespoons)
4 cups (32 ounces) reduced-sodium chicken broth
1 (15.5-ounce) can kidney beans, drained and rinsed
1 (12-ounce) bag frozen corn, thawed
1 (14.5-ounce) can no-salt-added diced tomatoes
1 tablespoon chili powder
2 teaspoons ground cumin
1 teaspoon ground black pepper
1 teaspoon cayenne pepper
½ teaspoon dried oregano
½ teaspoon dried basil
1 (10-ounce) package frozen chopped spinach

Directions

1. Heat a large stockpot over medium heat.
2. Add the oil and heat until shimmering.
3. Add the chicken. Cook, turning occasionally, until lightly browned and about halfway cooked.
4. Once the chicken is about halfway cooked, add the onion, bell pepper, green beans, and garlic.
5. Cook until the chicken is fully cooked and the vegetables begin to soften.
6. Stir in the broth, beans, corn, diced tomatoes and their juice, chili powder, cumin, black pepper, cayenne pepper, oregano, and basil.
7. Increase the heat to high and bring to a boil.
8. Reduce the heat to a simmer and add the spinach.
9. Stir in the spinach.
10. Continue to cook until the spinach has thawed and the flavors have blended.
11. Taste and adjust seasonings as needed.
12. Serve warm.

Recipe Notes

- Garnish with cheese, avocado, and plain Greek yogurt or light sour cream as desired.
- To adjust the spiciness, use more or less of the cayenne pepper as desired.

**Nutrition Facts Per Serving: Calories: 345 | Total Fat: 6 g | Saturated Fat: 1 g
Sodium: 595 mg | Total Carbohydrate: 41.5 g | Dietary Fiber: 17 g | Protein: 37 g**

Adapted from eatingwell.com | Submitted by Neal Kurmas MS, RD, LD, CDE
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