## **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
- 34 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

