

Mexican Chicken Soup

Ingredients:

3 pounds chicken, with skin removed
 1 onion
 15 ounces pinto beans, canned
 15 ounces tomatoes, low sodium, canned, chopped
 1/2 teaspoon garlic powder
 4 ounces green chilies, mild

Directions

1. Place chicken pieces in a large saucepan and add enough water to cover. Bring to a boil and reduce heat to simmer.
2. Cook until tender, about 25 minutes.
3. While chicken is cooking, cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop into small pieces. Set aside.
4. Open beans and pour in a colander. Rinse under cool water to remove sodium. Allow to drain and set aside.
5. Remove chicken pieces from the broth and allow to cool. Skim fat from broth with spoon, ice cubes, or paper towels.
6. Once chicken is cool, remove meat from the bones, cut into bite size pieces, and return meat to broth. After fat is removed, add onions, tomatoes, garlic, and chilies to broth.
7. Bring to a boil and add beans. Turn down to simmer. Simmer for about 15 minutes and serve.

Equipment:

Large Saucepan with lid
 Cutting board
 Knife
 Stirring spoon
 Measuring cups
 Measuring spoons

Number of Servings: 6
 Prep Time: 25 minutes
 Total Time: 1 hour

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Nutrition Facts

Serving Size: 1 1/2 cups

Servings: 6

Amount Per Serving	Calories 195	Calories from Fat 45	%Daily Value*
Total Fat 5g	45	8%	
Saturated Fat 1g		5%	
Cholesterol 54mg		18%	
Sodium 348mg		15%	
Potassium 568mg		16%	
Total Carbohydrate 16g		5%	
Dietary Fiber 4g		16%	
Protein 22g		44%	
Vitamin A 11%	11%	Vitamin C 75%	
Iron 11%	11%	Calcium 6%	

*Percent Daily Values are based on a 2,000 calorie diet.

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