

Eat Smart • Move More

Fiesta Chicken Soup

Prep Time: 25 minutes

Total Time: 1 hour



Ingredients

- 3 pounds boneless skinless chicken thighs
- 15 ounces canned low-sodium diced tomatoes
- 1 onion, chopped
- 4 ounces mild green chilies
- ½ teaspoon garlic powder
- 15 ounces canned pinto beans, drained and rinsed

Nutrition Facts

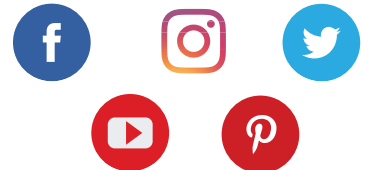
6 servings per container		
Serving size		1 serving
		(405.99g)
Amount per serving		
Calories		360
		% Daily Value*
Total Fat	10g	13%
Saturated Fat	2.5g	13%
Trans Fat	0g	
Cholesterol	215mg	72%
Sodium	410mg	18%
Total Carbohydrate	17g	6%
Dietary Fiber	5g	18%
Total Sugars	4g	
Includes g of Added Sugars		
Protein	49g	
Vitamin D	0mcg	0%
Calcium	77mg	6%
Iron	3mg	20%
Potassium	909mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ Rinse canned beans to remove up to 40% of sodium.
- ▶ Use an ice cube to attract fat from sauces, soups, or casseroles. Then easily scoop out with a spoon.
- ▶ For less sodium, use 2 cups fresh, chopped tomatoes instead of canned.

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Directions

- Place chicken in a saucepan and add enough water to cover. Bring to a boil and reduce heat to simmer. Cook until tender, about 25 minutes.
- Remove chicken from broth and allow to cool. Once cooled, cut into bite-sized pieces, and return to broth.
- Add tomatoes, onion, chilies, and garlic to the pan. Bring to a boil and add beans. Turn down to simmer for 15 minutes.

(Recipe adapted from University of Massachusetts, Extension Nutrition Education Program as listed: at <https://whatscooking.fns.usda.gov/>)

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