

Eat Smart • Move More

Sopa Mexicana de Pollo

Prep Time: 25 minutos

Total Time: 1 hora



Ingredients

3 libras de pollo, sin piel
15 onzas de tomates enlatados, en dados y bajos en sodio
1 cebolla, picada
4 onzas de chiles suaves
½ cucharadita de ajo en polvo
15 onzas de frijoles pinto enlatados, escurridos y enjuagados

Nutrition Facts

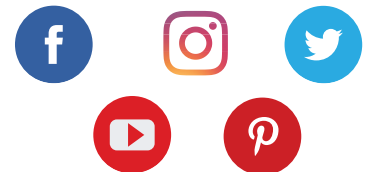
6 servings per container		
Serving size		1 serving (405.99g)
Amount per serving		Calories 360
		% Daily Value*
Total Fat	10g	13%
Saturated Fat	2.5g	13%
Trans Fat	0g	
Cholesterol	215mg	72%
Sodium	410mg	18%
Total Carbohydrate	17g	6%
Dietary Fiber	5g	18%
Total Sugars	4g	
Includes g of Added Sugars		
Protein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

- ▶ Enjuague los frijoles enlatados para remover hasta un 40% del sodio.
- ▶ Utilice un cubo de hielo para atraer la grasa de las salsas, sopas o cazuelas. Luego, fácilmente extraiga la grasa con una cuchara.
- ▶ Para reducir el contenido de sodio, utilice 2 tazas de tomates frescos picados en vez de tomates enlatados.

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This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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Directions

- Colocar las piezas de pollo en una cacerola grande y agregar suficiente agua para cubrir. Llevar a hervor y continuar hirviendo a fuego lento. Cocinar hasta que esté tierno, aproximadamente unos 25 minutos.
- Remover el pollo del caldo y dejar enfriar. Quitar la grasa del caldo con una cuchara, con cubos de hielo o papel de cocina.
- Una vez que el pollo está frío, remover la carne del hueso, cortar en trozos pequeños y colocar la carne nuevamente en el caldo.
- Agregar los tomates, la cebolla, los chiles y el ajo a la cacerola. Llevar a hervor y agregar los frijoles. Hervir a fuego lento durante 15 minutos.

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

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