

Chicken Taco Soup

Prep Time: 25 Minutes

Total Time: 1 Hour



Ingredients

- 1 ½ pounds boneless skinless chicken thighs
- 15 ounces canned diced tomatoes, no added salt
- 1 onion, chopped
- 4 ounces mild green chiles
- ½ teaspoon garlic powder
- 15 ounces canned pinto beans, no added salt - drained and rinsed

Nutrition Facts

6 servings per container

Serving size (164g)

Amount per serving

Calories **110**

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 270mg **12%**

Total Carbohydrate 19g **7%**

Dietary Fiber 3g **11%**

Total Sugars 13g

Includes 8g Added Sugars **16%**

Protein 1g

Vitamin D 0mcg **0%**

Calcium 50mg **4%**

Iron 0.4mg **2%**

Potassium 370mg **8%**

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

Directions

- Wash hands.
- 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 or shred, 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.
- **To prepare in a slow cooker**, add cooked chicken, tomatoes, onion, chilies, garlic powder, and pinto beans to slow cooker. Cook on high for 4 hours or low for 8 hours.

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.

Follow us | Like us



@VaFNP

www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. This material is partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP) and the Expanded Food and Nutrition Education Program (EFNEP).



Virginia Tech • Virginia State University

Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and local governments. Its programs and employment are open to all, regardless of age, color, disability, sex (including pregnancy), gender, gender identity, gender expression, genetic information, ethnicity or national origin, political affiliation, race, religion, sexual orientation, or military status, or any other basis protected by law.

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

www.eatsmartmovemoreva.org