**Chicken Taco Soup**

2 tsp canola or olive oil
1 medium onion, chopped
1 (16 oz) can fat-free refried beans
1 (15 oz) can black or pinto beans, rinsed & drained
2 (10 oz) cans diced tomatoes with green chiles (like *Rotel* brand), undrained
2 cups frozen corn kernels
1 (1.25 oz) package *Old El Paso* 40%-less sodium taco seasoning mix
2 cups water
2 -3 boneless, skinless chicken breasts (about 8 oz.), cooked & diced*

1) In a large saucepan, heat the oil over medium high heat; add onion and cook for 5 - 6 minutes, stirring occasionally.

2) Add refried beans, black beans, diced tomatoes, corn, taco seasoning and water; bring mixture to a boil, reduce heat to medium and cook for 10 minutes, stirring occasionally.

3) Add cooked chicken breast pieces and cook an additional 2 minutes.

4) Serve immediately! Leftovers can be frozen for a fast & delicious meal.

Complete your meal with a green leafy salad topped with “lite” dressing, fresh fruit and a cup of skim milk.

* **Time-saving Tip:** Cook 4 - 5 (fresh or frozen) chicken breasts at one time; refrigerate for up to 4 - 5 days to be used in a variety of recipes.

Canned breast of chicken, ½ pound of cooked 95% lean ground beef or cooked ground turkey breast can be substituted.

**Nutrition Information, per serving (about 2 cups):**

300 calories, 4g total fat, 0.5g saturated fat,
30 mg cholesterol, 1115 mg sodium, 46g total carbohydrate,
11g dietary fiber, 22g protein

*Good source* of Vitamins A & C, Iron, and Fiber

Modified from a recipe provided by Tona Speltz, MSU alum

*Beyond Mac & Cheese - Cheap, Easy, Tasty & Nutritious Recipes for the Busy College Student*
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