

Chicken Taco Soup

6 servings

Estimated cost per serving: \$1.00

- 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, $\frac{1}{2}$ 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

Question or comments??? Contact SHS Nutritionist Rebecca Gruenes, MS, RD at (507)389-5689 or at rebecca.gruenes@mnsu.edu

