**Ingredients**

2 teaspoons oil  
1 medium onion, chopped  
1 (16 ounce) can refried beans  
1 (15 ounce) can black or pinto beans, rinsed & drained  
2 (10 ounce) cans diced tomatoes with green chiles, undrained  
2 cups frozen corn kernels  
1 package taco seasoning mix  
2 cups water  
2-3 boneless, skinless chicken breasts, cooked & diced

**Directions**

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 2 more minutes.

**Nutrition information per serving**  
Makes 6 servings  
(about 2 cups):  
300 calories, 4g total fat,  
30 mg cholesterol, 1115 mg sodium,  
46g total carbohydrate, 11g dietary fiber, 22g protein