Chicken Taco Soup

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.

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