

Chicken Taco Soup

Ingredients

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| 2 teaspoons oil | 2 (10 ounce) cans diced tomatoes with green chiles, undrained |
| 1 medium onion, chopped | 2 cups frozen corn kernels |
| 1 (16 ounce) can refried beans | 1 package taco seasoning mix |
| 1 (15 ounce) can black or pinto beans, rinsed & drained | 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*