

Green Chili Chicken Soup

This is what I call a throw together soup. Typically, I will have roast chicken one night, make broth from the bones and use the leftover chicken meat for the soup.

Ingredients:

4 Quarts low sodium or homemade chicken broth
4 chicken breasts or equivalent pulled chicken meat from whole roast chicken
1 14oz. can diced tomatoes
2 cans diced green chilis
1 1/2 cup chopped carrots
1 cup chopped celery
1 can corn drained (frozen works well, also)
1 can pinto beans or black beans, drained
1 small onion, diced or 2 tsp of onion powder (or more to taste)
2 tsp. garlic powder
1 tsp. chili powder
2 tsp. cumin
1/2 tsp. red pepper flakes
salt and pepper to taste

If using chicken breasts, place four breasts in an oven safe pan, sprinkle with onion and garlic powder, cover and bake in a 350 degree oven for 20 to 25 minutes. Let cool, then shred with a fork or cut into chunks.

For soup, combine chicken broth, diced tomatoes, green chilis, onion and seasonings in a medium stock pot. Heat to boiling, then lower to a simmer. Test taste the soup broth and adjust/add seasoning to taste. Heat back to boiling and add carrots and celery. Cook at a low boil for 20 to 30 minutes. Add corn, beans and chicken. Continue to cook at a low boil for 10 to 15 minutes more.

Serve with low-fat mozzarella cheese, a dollop of low-fat sour cream and/or diced avocado for toppings. A side of salad or fruit makes this a complete meal.

This soup can also be made in the crockpot and simmered throughout the work day for a no fuss dinner after work and it heats well in the microwave for a satisfying lunch. Feel free to play with the ingredients: substitute lean ground beef for the chicken, add or exchange mushrooms or other veggies for the carrots, corn or beans, etc.

Recipe by: Louise Hughes
www.cookhealthalliance.com