

Chipotle Chicken Soup

INGREDIENTS:

1 cup	Canned chipotle chilies in adobo sauce
1 t	olive oil
1 cup	chopped green bell pepper
1/2 cup	chopped green onion
3 cloves	minced garlic
1 t	ground cumin
1 lb	cooked chicken breast, cut up in strips, without the skin
28 ounces	low sodium chicken broth
15 ounces	canned, low sodium, diced tomatoes, undrained
10 ounces	canned or frozen no salt added corn kernels

DIRECTIONS:

Remove chipotle chilies from can and mince. Heat oil in a large saucepan over medium to high heat. Add bell pepper, onions, garlic and cumin. Sauté until vegetables are soft (4-5 minutes). Add chilies, cooked chicken, chicken broth, tomatoes and corn. Bring to a boil; reduce heat and simmer for 3 minutes.

Makes 4 servings.
Calories: 338/serving

NUTRITIONAL INFORMATION PER SERVING:

43g protein
25g carbohydrates
7g fat
501mg sodium
96mg cholesterol
5g fiber

Estimated Food Group Serving Equivalents: 6 lean meat, 1 starch, 1 vegetable, 1 fat