

Storm of Deliciousness BBQ Chicken Soup

Makes: 8 Servings

"I love BBQ sauce and I also love homemade soups, especially my grandma's chicken noodle and vegetable," says Griffin. "When I was thinking about my recipe I thought, why not make a BBQ vegetable soup? I love red and yellow peppers, so I knew I wanted to add them to the recipe. My mom loves slow cooker recipes for our busy family of six. My parents and I worked on the recipe together to come up with what I like to call a Storm of Deliciousness." This recipe uses a slow cooker. If you don't have one, slowly simmer the soup ingredients in a pot for 1 hour or more.

Ingredients

For the BBQ Sauce:

- 1 tablespoon** olive oil
- 1/2** yellow onion, peeled and diced
- 2 cups** tomato sauce
- 5 tablespoons** tomato purée
- 2** garlic cloves, peeled and minced
- 5 tablespoons** honey
- 3 tablespoons** balsamic vinegar
- 2 tablespoons** Worcestershire sauce

For the Soup:

- 1 pound** boneless, skinless chicken breasts
- 1** (10.8-ounce) bag frozen corn
- 1** (15-ounce) can black beans, drained and rinsed
- 1** red bell pepper, chopped
- 1** yellow bell pepper, chopped
- 1 cup** fresh mushrooms, chopped
- 1/4** red onion, peeled and chopped
- 2 cups** BBQ sauce (see recipe for our homemade BBQ sauce)
- 3 cups** low-sodium chicken broth
- 1 tablespoon** chili powder
- 1/2 teaspoon** salt
- 1/2 teaspoon** pepper
- Reduced-fat sour cream, for serving
- Reduced-fat shredded cheddar cheese, for serving



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	461	
Total Fat	12 g	18%
Protein	48 g	
Carbohydrates	42 g	14%
Dietary Fiber	7 g	28%
Saturated Fat	5 g	23%
Sodium	507 mg	22%

*Percent Daily Values are based on a 2,000 calorie diet.

MyPlate Food Groups

Vegetables 1 1/4 cups

Directions

1. **To make the BBQ Sauce:** In a sauté pan, heat the olive oil over medium heat. Add the onion and sauté for about 5 minutes, or until translucent. Add the remaining ingredients, stir, and sauté for about 10 minutes.
 2. **To make the Chicken Soup:** Place uncooked chicken breasts in a large slow cooker. Add corn, black beans, red and yellow bell peppers, mushrooms, and red onion.
 3. **In a separate bowl,** mix 2 cups BBQ sauce, chicken broth, chili powder, salt, and pepper. Pour the BBQ sauce mixture into the slow cooker, covering the chicken and vegetables completely. Cook, covered, on high heat for 6 hours. About 30 minutes before serving, remove the chicken breasts, and shred the chicken. Place the shredded chicken back into the slow cooker and stir. Keep the lid off for the last 30 minutes of cooking time. Serve topped with sour cream or cheddar cheese.
- The 2015 Healthy Lunchtime Challenge Cookbook