

# Mexican Chicken Soup

**Makes:** 6 servings

## Ingredients

**3 pounds** chicken pieces, skin removed  
**2 cups** tomatoes (chopped)  
**1** garlic clove (minced)  
**1/2 cup** onion (chopped)  
**1/4 cup** mild chiles (canned and diced)  
**2 cups** pinto or garbanzo beans, canned, drained or cooked and drained  
salt and pepper (to taste, optional)

## Directions

1. Place chicken pieces in a large saucepan and add enough water to cover.
2. Cook until tender, about 25 minutes.
3. Remove chicken pieces from the broth.
4. Add tomatoes, garlic, onion, and chiles.
5. Remove chicken meat from the bones and return meat to broth.
6. Add beans and salt and pepper to taste. Simmer for about 15 minutes.

University of Massachusetts, Extension Nutrition Education Program, Pumpkin Post/Banana Beat

## Nutrition Information

| Key Nutrients  | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 390    |                |
| Total Fat      | 14 g   | 22%            |
| Protein        | 49 g   |                |
| Carbohydrates  | 16 g   | 5%             |
| Dietary Fiber  | 5 g    | 20%            |
| Saturated Fat  | 3.5 g  | 18%            |
| Sodium         | 460 mg | 19%            |