Dinner Tonight!

Hearty Southwest Chicken Soup

2 skinless, boneless chicken breasts, cooked and cubed
1 Tablespoon canola oil
1/2 medium onion, chopped
1 clove garlic, minced
3 Tablespoons canned, chopped green chilies
1 teaspoon cumin
1/2 teaspoon dried oregano
1/4 teaspoon cayenne pepper
2 cups white beans, rinsed and drained (mash 1 cup of the white beans)
1 cup black beans, rinsed and drained
3/4 cup roasted red peppers, chopped
2 1/4 cups low sodium, low-fat chicken broth
1 1/2 cups low-fat grated Monterey Jack or Monterey Jack blend cheese
(sometimes called Mexican blend)
2 Tablespoons fresh cilantro, chopped
Salt, pepper to taste

Grill or cook chicken breasts on stove top and cut into cubes. In large saucepan, heat oil. Add onions and sauté several minutes; stir in garlic and continue sautéing. Next, add chicken broth, chilies, cumin, oregano, cayenne pepper, all of the beans, and the red peppers. Bring to a boil. Remove from heat and add the cheese and cilantro. Soup is best if flavors are allowed to blend an hour or so, or make it a day ahead and reheat the next day. Add salt and pepper to taste after flavors have blended. Serve with a dollop of sour cream, a sprinkle of shredded cheese, and some chopped cilantro for garnish.

Serves: 5
Cost per serving: $1.75

Nutritional facts per serving:
Calories: 302
Total Fat: 9 g
Cholesterol: 30 mg
Sodium: 836 mg
Total Carbohydrate: 35 g
Protein 23 g