

Southwest Chicken Soup



- 1 ¼ cups Corn
- 1 cup Black Beans
- 1 cup Tomatoes, canned, undrained and diced
- 12 oz. Chicken, cooked and diced
- 1/2 cup Green Chilies, canned
- 1/2 cup Onions, diced
- 1 ¼ tsp. Chili Powder
- ¼ tsp. Cumin
- 1 Qt. Chicken Broth, low sodium
- 1 tbsp. Garlic, chopped
- Hot Sauce, optional

Combine and simmer for 45 minutes, or until temperature reaches 165 F.

Yield: 8-8oz. Servings

Nutritional Info.

Calories	148
Total Fat	3 gms
Saturated Fat	.4 gms
Cholesterol	36mg
Sodium	298 mg
Carbohydrates	14 gms
Fiber	3 gms
Protein	15 gms