

Southwestern Chicken and Bean Soup

This light but hearty soup is filled with chicken, white beans, spinach and mushrooms. Protein-rich and high in fiber, it is both tasty and nutritious.



This delicious soup can serve as a main meal with a nice green salad. Though hearty (with beans, chicken and veggies), it's surprisingly low in calories and very low in fat. High in protein and rich in fiber, it delivers on taste **and** nutrition.

Ingredients:

½ pound (8 oz) uncooked chicken breast, diced	2 cups chopped fresh spinach
1 tablespoon 40%-less-sodium taco seasoning (such as Old El Paso)	2 (14-ounce) cans fat-free, less-sodium chicken broth
1 T olive or canola oil	3 (16-ounce) can cannellini beans or other white beans, rinsed and drained
1 cup chopped portabella mushrooms	1/2 cup green salsa
	Light sour cream (optional)
	Chopped fresh cilantro (optional)

Preparation:

Combine chicken and taco seasoning in a bowl; toss well to coat. Heat olive oil in a large saucepan over medium-high heat. Add chicken; saute 3-5 minutes over low-medium heat or until chicken is lightly browned but not cooked all the way through. Add portabella mushrooms and continue to saute another 2-3 minutes. Add broth, scraping pan to loosen browned bits.

Place one can of beans in a small bowl and mash. Leave remaining two cans whole. Add mashed and whole beans to pan along with the salsa, stirring well. Bring to a boil. Reduce heat. Add spinach and simmer 10 minutes or until slightly thick. Serve with sour cream and cilantro if desired (add another 15 calories per Tbs of light sour cream).

Note: If you want to use leftover cooked chicken, dice it up, mix it with the taco seasoning and add to saute pan after mushrooms have been cooked (use the olive oil to cook the mushrooms).

Nutrition Facts

Yield 8 servings

Amount Per Serving

Calories 195

Fat 2 g

Saturated fat 0 g

Cholesterol 16 mg

Protein 17 g

Carbs 28 g

Fiber 9 g

Sodium 383 mg

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