

# Mexican Black Bean Soup



## Ingredients

½ cup frozen corn	1 (15 oz) can black beans, rinsed and drained
1 can (14.5 oz) fire-roasted tomatoes	1 Tbsp chili powder
½ tsp cumin	40 oz low sodium chicken broth (fat-free, low sodium)
¼ tsp black pepper	½ tsp Adobo seasoning (such as Goya), divided
1 lb boneless chicken breast (skinless, cut into ½ inch cubes)	½ onion, diced
2 tsp canola oil	

## Directions

1. In a soup pot, add oil and onion and sauté over medium-high heat for 3 minutes or until clear.
2. Add chicken and season with ¼ tsp Adobo seasoning and pepper. Cook chicken until slightly brown, about 6-7 minutes.
3. Add remaining ingredients (including the other ¼ tsp Adobo seasoning). Reduce heat and simmer for 15 minutes.

## Nutritional Information

Calories .....	170
Total Fat.....	3.5g
Saturated Fat.....	1g
Fiber .....	5mg
Total Carbohydrate.....	15g
Protein .....	20g
Sodium .....	390mg

Serving size..... 1 cup

Recipes yields..... 7 servings

Adjusted from:

<http://www.diabetesfoodhub.org/recipes/mexican-black-bean-soup.html>

# Chicken Tinga



## Ingredients

1 Tbsp olive oil	1.5 oz canned chipotle peppers, in adobo, chopped
1 white onion (about 4 oz) chopped	3 oz diced tomatoes
1 fresh garlic clove, minced	1 oz tomato paste
1 tsp chopped fresh oregano	4 oz low sodium chicken broth
½ tsp ground cumin	16 oz chicken thighs, poached
½ tsp salt (kosher)	2 tsp sherry wine vinegar

## Directions

1. In a heavy sauce pan over medium heat, add the olive oil and onions. Sauté until translucent.
2. Add the garlic to the pan and cook for 1 minute.
3. Stir in the cumin and oregano. Sauté until fragrant.
4. Add the chipotle peppers, tomatoes and tomato paste to the pan. Cook for 2 to 3 minutes to evaporate juices from the tomatoes.
5. Add the chicken broth. Bring to a simmer and cook for 4-5 minutes. Use an immersion blender or regular blender at low speed to puree.
6. Add raw chicken and let it simmer until minimal internal temperature reaches 165 degrees (for 15 seconds).
7. Once the chicken is cooked, remove from the sauce, shred the chicken and add back to the sauce.
8. Season with salt and vinegar.

If left over, refrigerate and use within 5 days.

## Nutritional Information

Calories .....	158
Total Fat.....	6.9g
Saturated Fat .....	1.6g
Cholesterol .....	58mg
Total Carbohydrate.....	3.7g
Fiber .....	0.9g
Protein .....	19.5g
Sodium .....	233mg
Serving size.....	4 ounces
Recipes yields.....	7 servings

Adjusted from: [www.sodexo.com](http://www.sodexo.com)

# Sugar Free Mojito Punch



## Ingredients

- ½ cup lime juice
- ½ cup fresh mint leaves
- ¼ cup granular sweetener (such as Splenda) or monk fruit sugar
- 4 ¼ cups diet lemon-lime soda
- 4 cups crushed ice

## Directions

1. Stir lime juice, mint leaves and sweetener (or monk fruit sugar) together in a pitcher. Gently crush and bruise mint leaves with a wooden spoon.
2. Pour diet lemon-lime soda into juice mixture and stir until sweetener (or monk fruit sugar) has dissolved.
3. Mix in crushed ice to serve.

## Nutritional Information

- Calories ..... 6
- Total Carbohydrate..... 1.7g
- Fiber ..... 0.1gm
- Protein ..... 0.1gm
- Sodium ..... 13mg

Serving size..... 1/8 recipe  
 Recipes yields..... 8 servings

Adjusted from:  
<https://www.allrecipes.com/recipe/220567/sugar-free-mojito-punch/?internalSource=hub%20recipe&referringContentType=Search>