

Mexican Black Bean Soup



Ingredients

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| 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>