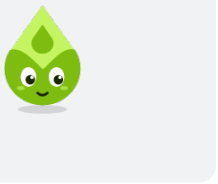
Dinner, Latin American

Chicken and Black Bean Soup

Tender chicken and black beans simmer with fire-roasted tomatoes, corn and warm spices in a savoury broth. It makes a hearty, comforting bowl of soup.

35 min	180	14 g	3 g
time	calories	carbs	sugars



Freezer safe

Ingredients, 7 servings

- [ ] 1 spray, 0.25g nonstick cooking spray
- [ ] 2 tsp olive oil
- [ ] 1/2 med onion(s) (diced)
- [ ] 1 lbs boneless, skinless chicken breast (cut into 1/2-inch cubes)
- [ ] 1/2 tsp Adobo seasoning (divided use)
- [ ] 1/4 tsp black pepper
- [ ] 1 (14.5-oz) can fire-roasted tomatoes
- [ ] 1 tbsp chili powder
- [ ] 1/2 tsp cumin
- [ ] 1/2 cup frozen corn
- [ ] 1 (15-oz) can black beans (rinsed and drained)
- [ ] 40 oz low sodium chicken broth

Nutrition Facts

Per serving

Calories	**180**
Total fat	4.5 g
Saturated fat	1 g
Sodium	340 mg
Total carbs	14 g
Fiber	3 g
Total sugars	3 g
Protein	20 g

Method

- [ ] **1** Coat a large soup pot with nonstick cooking spray, then add the olive oil and diced onion and cook over medium-high heat for 3 minutes, until the onion turns clear.
- [ ] **2** Add the boneless, skinless chicken breast and season it with 1/4 tsp of the Adobo seasoning and the black pepper, cooking until the cubes are slightly brown, about 6-7 minutes.
- [ ] **3** Stir in the rinsed and drained black beans, fire-roasted tomatoes, chili powder, cumin, frozen corn, low sodium chicken broth and the remaining 1/4 tsp of Adobo seasoning.
- [ ] **4** Reduce the heat and simmer for 15 minutes.

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