

Mexican Chicken Soup

Serves 6



Ingredients:

- 3 pounds chicken pieces, skin removed
- 2 cups tomatoes (chopped)
- 1 garlic clove (minced)
- 1/2 cup onion (chopped)
- 1/4 cup mild chiles (canned and diced)
- 2 cups pinto or garbanzo beans, canned, drained or cooked and drained
- salt and pepper (to taste, optional)

Directions:

- Place chicken pieces in a large saucepan and add enough water to cover.
- Cook until tender, about 25 minutes.
- Remove chicken pieces from the broth.
- Add tomatoes, garlic, onion, and chiles.
- Remove chicken meat from the bones and return meat to broth.
- Add beans and salt and pepper to taste. Simmer for about 15 minutes.

Nutrition Facts	
Serving Size 1/6 of recipe	
Servings Per Container 6	
Amount Per Serving	
Calories 390	Calories from Fat
% Daily Value *	
Total Fat 14g	22%
Saturated Fat 4g	18%
Trans Fat	
Cholesterol 185mg	62%
Sodium 460mg	19%
Total Carbohydrate 16g	5%
Dietary Fiber 5g	20%
Sugars 2g	
Protein 49g	
Vitamin A 20%	Vitamin C 20%
Calcium 8%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

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