Recipe Idea:

Chicken
Enchilada Soup

INGREDIENTS

- 2 Tbsp olive oil
- 1 onion, diced
- 1 garlic cloves, minced
- 3 C chicken broth, preferably low sodium*
- 2 - 10 oz cans enchilada sauce
- 1 - 15 oz can diced tomatoes
- 1 - 15 oz can corn, drained
- 1 - 15 oz can black beans, drained
- 2 - 10 oz chicken pouches*, drained
  OR 1 1/2 lb chicken pieces, cooked and pulled from bone
- 2 tsp cumin
- 1 C cheddar cheese, shredded

DIRECTIONS

1. In large pot on stovetop, heat oil and saute onions and garlic until softened, stirring occasionally.
2. Add remaining ingredients (except cheese). Stir to combine.
3. Bring to a simmer, then partially cover and heat for another 5 minutes.
4. Serve and sprinkle with cheddar cheese.

Note: Consider additional toppings such as tortilla chips, diced avocado, green onions, sour cream.

Nutrition Facts based on *

Nutrition will vary based on ingredients used.

Serves 9

Allergens: Milk

% Daily Value* 

Calories 300

Total Fat 13g 17%
  Saturated Fat 4.5g 23%
  Trans Fat 0g

Cholesterol 45mg 15%

Sodium 990mg 43%

Total Carbohydrate 24g 9%
  Dietary Fiber 5g 18%
  Total Sugars 6g
  Includes 0g Added Sugars 0%

Protein 25g 50%

Not a significant source of vitamin D, calcium, iron, and potassium

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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