

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.



 Serves 9

 Allergens: Milk

 Nutrition Facts based on * ingredients. Nutrition will vary based on ingredients used.

Nutrition Facts	
Serving size	1 Cup
Amount Per Serving	
Calories	300
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 4.5g	23%
<i>Trans</i> 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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