USDA **MyPlate**
U.S. DEPARTMENT OF AGRICULTURE

Chicken Soup with Chiles

Makes: 6 servings

Total Cost: $$$$

Flavorful and filling, this soup is packed with protein making it a full meal. Add extra chiles or a dash of red pepper flakes if you like a spicier soup.

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 or cooked and drained
- salt and pepper (to taste, optional)

Directions

1. Wash hands with soap and water.
2. Place chicken pieces in a large saucepan and add enough water to cover.

3. Cook over medium high heat until tender and chicken is cooked, about 25 minutes.

4. Remove chicken pieces from the broth.

5. Add tomatoes, garlic, onion, and chiles.

6. Remove chicken meat from the bones and return meat to broth.

7. Add beans and salt and pepper to taste. Simmer for about 15 minutes.

Notes

Learn more about:

- [Tomatoes](#)
- [Garlic](#)
- [Onions](#)

Source:
Pumpkin Post and Banana Beat Newsletters
University of Massachusetts Extension
Nutrition Education Program

Nutrition Information

Serving Size: 1 cup prepared soup, 1/6 of recipe

Nutrients	Amount
Total Calories	**374**
Total Fat	**6 g**
Saturated Fat	2 g
Cholesterol	141 mg
Sodium	**278 mg**
Carbohydrates	**19 g**
Dietary Fiber	6 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	**57 g**
Vitamin D	0 mcg
Calcium	65 mg
Iron	3 mg
Potassium	848 mg

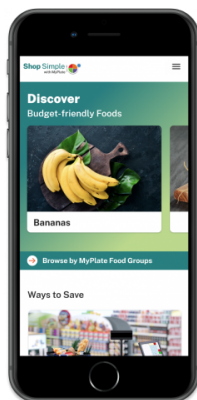N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change as data is updated

MyPlate Food Groups

🟩	Vegetables	3/4 cups
🟪	Protein Foods	7 ounces

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MyPlate.gov is based on the *Dietary Guidelines for Americans, 2020-2025*

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