

Chicken Taco Soup

6 servings

What you need:

- 2 tsp canola or olive oil
- 1 medium onion, chopped
- 1 (16 oz) can fat-free refried beans
- 1 (15 oz) can black or pinto beans, rinsed & drained
- 2 (10 oz) cans diced tomatoes with green chiles (like Rotel brand), undrained
- 2 cups frozen corn kernels
- 1 (1.25 oz) package Old El Paso 40%-less sodium taco seasoning mix
- 2 cups water
- 2 -3 boneless, skinless chicken breasts (about 8 oz.), cooked & diced

All you do:

1. In a large saucepan, heat the oil over medium high heat; add onion and cook for 5 – 6 minutes, stirring occasionally.
2. Add refried beans, black beans, diced tomatoes, corn, taco seasoning and water; bring mixture to a boil, reduce heat to medium and cook for 10 minutes, stirring occasionally.
3. Add cooked chicken breast pieces and cook an additional 2 minutes.
4. Serve immediately! Leftovers can be frozen for a fast & delicious meal.

Nutrition Information, per serving (about 2 cups): 300 calories, 4g total fat, 0.5g saturated fat, 30 mg cholesterol, 1115 mg sodium, 46g total carbohydrate, 11g dietary fiber, 22g protein