

# Chicken and Black Bean Soup

Linda Lasbley - RedGranite, WI  
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## Servings: 6

## Yield: 2 quarts

*1/2 pound boneless/ skinless chicken breasts, cut into one-inch cubes*  
*2 can (14-1/2 ounce ea) reduced-sodium chicken broth, divided*  
*2 cups frozen corn*  
*1 can (15 ounce) black beans, rinsed and drained*  
*1 can (10 ounce) diced tomatoes and green chilies, undrained*  
*1 jalapeno pepper, seeded and chopped*  
*2 tablespoons fresh cilantro, minced*  
*3 teaspoons chili powder*  
*1/2 teaspoon ground cumin*  
*1 tablespoon cornstarch*  
*18 tortilla chips*  
*shredded reduced-fat Mexican cheese blend (optional)*

Place a large nonstick saucepan coated with cooking spray over medium heat. Add the chicken. Cook and stir 4 to 6 minutes or until no longer pink. Reserve two tablespoons of broth. Add the remaining broth to the pan.

Stir in the corn, beans, tomatoes, jalapeno, cilantro, chili powder and cumin. Bring to a boil. Reduce the heat and simmer, uncovered, for 15 minutes.

Mix the cornstarch and the reserved broth until smooth. Gradually stir into the soup. Bring to a boil. Cook and stir for 2 minutes or until thickened.

Top the servings with crushed chips and, if desired, cheese.

Start to Finish Time: 30 minutes

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Per Serving (excluding unknown items): 595 Calories; 23g Fat (34.1% calories from fat); 15g Protein; 87g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 466mg Sodium. Exchanges: 6 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 4 1/2 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	595	Vitamin B6 (mg):	.5mg
% Calories from Fat:	34.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	56.4%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	9.6%	Riboflavin B2 (mg):	.3mg
		Folacin (mcg):	175mcg

**Total Fat (g):** 23g  
**Saturated Fat (g):** 4g  
**Monounsaturated Fat (g):** 13g  
**Polyunsaturated Fat (g):** 4g  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 87g  
**Dietary Fiber (g):** 12g  
**Protein (g):** 15g  
**Sodium (mg):** 466mg  
**Potassium (mg):** 796mg  
**Calcium (mg):** 178mg  
**Iron (mg):** 3mg  
**Zinc (mg):** 3mg  
**Vitamin C (mg):** 5mg  
**Vitamin A (i.u.):** 709IU  
**Vitamin A (r.e.):** 71 1/2RE

**Niacin (mg):** 3mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0 0%

## Food Exchanges

**Grain (Starch):** 6  
**Lean Meat:** 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 4 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 595 **Calories from Fat:** 203

### % Daily Values\*

<b>Total Fat</b>	23g	36%
Saturated Fat	4g	22%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	466mg	19%
<b>Total Carbohydrates</b>	87g	29%
Dietary Fiber	12g	49%
<b>Protein</b>	15g	
<b>Vitamin A</b>		14%
<b>Vitamin C</b>		9%
<b>Calcium</b>		18%
<b>Iron</b>		19%

\* Percent Daily Values are based on a 2000 calorie diet.