

Southwestern Chicken & Potato Soup

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Servings: 4

Start to Finish Time: 30 minutes

2 cans (14 1/2 ounce ea) chicken broth

1 package (16 to 20 ounces) refrigerated pre-cut cubed potatoes

1 teaspoon ground cumin

1/2 teaspoon chili powder

1 package (6 ounces) fully-cooked grilled chicken strips, each cut in half

1 can (11 ounce) whole kernel corn, frozen, drained

1 cup roasted red peppers, drained and cut into strips OR frozen bell pepper strips

1 can (4 ounce) diced green chiles, undrained

Place the potatoes in a pan and cover with chicken broth. Bring to a boil.

Lower the heat and bring to a simmer.

Add the remaining ingredients.

Cook for an additional 15 minutes.

Serve.

Per Serving (excluding unknown items): 67 Calories; 1g Fat (15.0% calories from fat); 4g Protein; 11g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 396mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fat.