

CHIPOTLE CHICKEN SOUP

From the King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Soups/ChipotleChickenSoup.aspx>

Ingredients

- 1 large onion, chopped
- 1 clove garlic, minced
- 1 tablespoon olive oil
- 12 oz. skinless, boneless chicken breasts, chopped
- 1 14.5 oz. can of low-sodium chicken broth
- 2 teaspoons chopped canned chipotle peppers in adobo sauce
- ½ teaspoon sugar
- ¼ teaspoon salt
- 2 cups tomatoes, chopped (or 1 14.5 oz. can diced tomatoes)
- ¼ cup fresh cilantro, chopped

Instructions

1. In a Dutch oven, cook onion and garlic in olive oil over medium-high heat about 4 minutes or until onion is tender.
2. Add chicken and cook for 2 minutes.
3. Add broth, chipotle peppers, sugar and salt.
4. Bring to boiling then reduce heat. Simmer, uncovered for 15 minutes.
5. Remove from heat and add tomatoes and cilantro.

Makes 3 servings (Serving Size: 1/3 of recipe – 431 g)

Nutritional information per serving (3 servings)

Calories	237	Dietary Fiber	2 g
Calories from fat	65	Sugars	1 g
Total Fat	7 g	Protein	31 g
Saturated Fat	31g	Vitamin A	20%
Cholesterol	66 mg	Calcium	4%
Sodium	323 mg	Iron	10%
Total Carbohydrates	12 g	Vitamin C	50%

Percent daily values based on a 2000 calorie diet.

