

# Southwestern Chicken Corn Soup



**Serves 4**

## **Ingredients**

2 tablespoons canola or vegetable oil  
1 medium red onion, chopped  
1 medium celery stalk, chopped  
2 garlic cloves, minced  
1 tablespoon chili powder  
1 teaspoon ground cumin  
6 cups canned low-sodium chicken broth  
1/4 cup canned green chilies  
1 pound frozen corn kernels  
2 medium tomatoes, roughly chopped or 15 ounce can diced tomatoes drained  
1 teaspoon dried oregano  
1 cup cooked skinless, shredded chicken breast (about 4 ounces)

## **Directions**

Heat the oil in a medium saucepan over medium heat. Add the onion, celery, garlic, chili powder, and cumin and cook until the onion softens, about 5 minutes. Add the chicken broth, bring to a boil, reduce the heat slightly, and simmer, uncovered, for 10 minutes. Add the green chilies, corn, tomatoes, and oregano and cook for another 5 minutes.

Remove the saucepan from the heat and stir in the chicken. Serve hot.

***TD&N Nutrient Analysis:*** *Calories: 289; Total Fat: 11 g; Saturated Fat: 1 g; Polyunsaturated Fat: 3 g; Monounsaturated Fat: 6 g; Cholesterol: 16 mg; Sodium: 210 mg; Carbohydrates: 36 g; Fiber: 5 g; Protein: 18 g*

*—Recipe adapted from Chef Hari Nayak and Today's Diet and Nutrition*