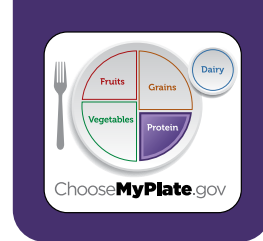


# Bountiful Backpack

## Mexican Chicken Soup

Serves: 8

Serving Size: 1 cup



### Ingredients:

- 2 (15 ounces) cans diced tomatoes (Mexican-style)
- 1 (15 ounces) can black beans, drained and rinsed
- 2 cups frozen corn or 1 (15 ounces) can corn, drained and rinsed
- 1 (14.5 ounces) can sodium-reduced chicken broth or 2 cups homemade broth
- 2 cloves garlic, minced or 1/2 teaspoon garlic powder
- 1 teaspoon chili powder
- 1/4 teaspoon pepper
- 1 pound canned chicken or turkey



### Directions:

1. Add chicken, tomatoes, beans, corn, broth, garlic, chili powder, and pepper in large saucepan.
2. Heat to boiling, reduce heat and simmer, covered, for 20 minutes.
3. Serve with choice of garnishes, such as baked tortilla chips.

### Nutrition Facts

8 servings per container

**Serving size** 1 cups (248g)

**Amount Per Serving**

**Calories** 190

% Daily Value\*

<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 580mg	<b>25%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 18g	<b>36%</b>
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1.8mg	10%
Potassium 0mg	0%
Vitamin A	15%
Vitamin C	35%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.