



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Bountiful Backpack

Mexican Chicken Soup



Serves: 8

Serving Size: 1 cup

Ingredients:

- 2 cans (15 ounces) diced tomatoes (Mexican-style)
- 1 can (15 ounces) black beans, drained and rinsed
- 2 cups frozen corn or 1 can (15 ounces) corn, drained and rinsed
- 1 can (14.5 ounces) sodium-reduced chicken broth or 2 cups homemade broth
- 2 cloves garlic, minced or ½ teaspoon garlic powder
- 1 teaspoon chili powder
- ¼ teaspoon black pepper
- 16 ounces canned chicken or turkey
- baked tortilla chips (optional)

Directions:

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

Nutrition Facts

8 servings per recipe	
Serving size	1 cups (248g)
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 580mg	25%
Total Carbohydrate 20g	7%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 18g	36%
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.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP and this work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

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S-0010-01-Mexican-Chicken-Soup

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