

# Healthy Taco Soup

Prep Time: 5 Min Cook Time: 4 Hours Total Time: 4 Hours, 5 Min



SERVINGS: 6

## Nutritional Facts

Serving Size: 1.5 cups

### Amount Per Serving

Calories 306

Calories from Fat 16

% Daily Value\*

<b>Total Fat</b> 3g	2%
Saturated Fat 0g	0%
<b>Monounsaturated Fat</b> 0g	0%
<b>Polyunsaturated Fat</b> 1g	0%
<b>Cholesterol</b> 37mg	12%
<b>Sodium</b> 1573mg	68%
<b>Total Carbohydrate</b> 44g	11%
Dietary Fiber 7g	24%
Sugars 4g	

**Protein** 28g

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

## Ingredients

- 1 lbs boneless skinless chicken breast
- 1 onion, diced
- 2 garlic cloves, minced
- 14.5 oz canned pinto beans, drained
- 14.5 oz canned black beans, drained
- 14.5 oz canned corn, drained
- 14.5 oz canned diced tomatoes with green chilies (not drained)
- 2 cup fat free chicken broth
- 1.25 oz taco seasoning

## Directions

- 1** Slow Cooker Option: Add everything to the slow cooker. Cook on low for 4 hours (up to 8 is fine). Remove the chicken and shred or chop.
- 2** Stovetop: Add a touch of olive to a large soup pot. Cook the onions for 6-8 minutes until tender. Add the garlic and cook for 1 minute until fragrant. Add the remaining ingredients and bring to a simmer. Cover and cook for 30 minutes. To keep the chicken as tender as possible, I like to remove it after 12-15 minutes when it is cooked through. Then I shred or chop it and add it back to the soup before serving.

## Notes



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WeightWatchers® Points

Points are calculated by Slender Kitchen. Not endorsed by WW International Inc.

