## Mexican Chicken Soup

Serves 6

### Ingredients:

- 3 pounds chicken pieces, skin removed
- 2 cups tomatoes (chopped)
- 1 garlic clove (minced)
- 1/2 cup onion (chopped)
- 1/4 cup mild chiles (canned and diced)
- 2 cups pinto or garbanzo beans, canned, drained or cooked and drained salt and pepper (to taste, optional)

### **Directions:**

1. Place chicken pieces in a large saucepan and add enough water to cover.

- 2. Cook until tender, about 25 minutes.
- 3. Remove chicken pieces from the broth
- 4. Add tomatoes, garlic, onion, and chiles

5. Remove chicken meat from the bones and return meat to broth.

6. Add beans and salt and pepper to taste. Simmer for about 15 minutes.

Amount Pe		ng				
Calories 390			Calories from Fat			
			% Daily Value *			
Total Fat 14g				22%		
Saturated Fat 4g				18%		
Trans	Fat					
Cholesterol 185mg				62%		
Sodium 460mg				19%		
Total Carbohydrate 16g				5%		
Dietary Fiber 5g				20%		
Dietan	y Fiber	50		20.70		
	/	эg		2070		
Sugar	s 2g	og		2070		
	s 2g	bg		2078		
Sugar Protein 49	s 2g g		/itamin C			
Sugar Protein 49 Vitamin A	s 2g g 20%		Vitamin C	20%		
Sugar Protein 49 Vitamin A Calcium	s 2g g 20% 8%	1	ron	20% 20%		
Sugar Protein 49 Vitamin A Calcium	s 2g g 20% 8% ly Values	are based (	ron on a 2,000 ca	20% 20%		
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Nutrition Facts

Serving Size 1/6 of recipe

Servings Per Container 6

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# Nutrition Facts

Serving Size 1/6 of recipe Servings Per Container 6

Amount Pe	er Servi	ing		
Calories 3	90		Calories	from Fat
			% Dai	ly Value '
Total Fat 14g				22%
Saturated Fat 4g				18%
Trans				
Cholestero		na		62%
Sodium 460mg				19%
				5%
Total Carbohydrate 16g Dietary Fiber 5g				20%
		5g		20%
Sugar				
Protein 49	9			
Vitamin A	20%		Vitamin C	20%
			-	
Calcium	8%		Iron	20%
	y values	i may be hig It:	on a 2,000 ca gher or lower o	depending
Total Fat		Calories:	2,000	2,500
Saturated	Eat	Less than Less than		80g 25g
Cholesterol		Less than		300mg
Sodium		Less than		
Total Carboh	ydrate		300g	375g
Dietary Fiber			25g	30g
Calories per Fat 9		rbohydrate	4 · Protei	n 4



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Kansas State University Agricultural Experiment Station

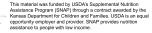
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