

Tex-Mex Chicken Soup Bar

Serves 8.

Note: This soup is only mildly spicy. Be sure to put out a bottle of hot pepper sauce, such as Tabasco, for guests who like to breathe fire.

Per serving (soup only, no condiments): 168 calories, 16g carbohydrates, 18g protein, 3g total fat (1g saturated), 42mg cholesterol, 2g fiber, 693mg sodium. Calories from fat: 17%.

Ingredients

- 4 boneless, skinless chicken breast halves, fresh or frozen
- 2 teaspoons olive oil
- 2 medium onions (for 1½ cups chopped)
- 2 teaspoons bottled minced garlic
- 3 cans (14½ ounces each) fat-free chicken broth
- 2 cans (14½ ounces each) Mexican-style stewed tomatoes
- 1½ cups frozen corn kernels
- 1½ teaspoon ground cumin
- Juice of ½ a lime
- Optional toppings: grated cheeses, sliced black olives, crushed tortilla chips, reduced-fat sour cream, chopped green onions, diced avocado

Directions

1. If chicken is frozen, run it under hot water so you can remove any packaging. Place chicken on a microwave-safe plate and microwave 3 minutes, uncovered, at high, to begin defrosting.
2. Meanwhile heat oil over medium heat in a 4½-quart Dutch oven or soup pot. Peel onions and coarsely chop them, adding them to pot as you chop. Cut chicken (fresh or partially defrosted) into bite-size chunks, adding them to pot as you cut.

After first breast is in pot, raise heat to medium-high. Continue until all chicken is added. Add garlic. Cook chicken, stirring from time to time, until it is no longer pink outside, about 4 minutes.

3. Add broth, tomatoes and corn. Raise heat to high, cover and bring pot to a boil. Uncover, reduce heat to low and add cumin and juice from lime half. Continue to simmer 5 minutes to let flavors develop.
4. While soup simmers, prepare toppings of choice. Serve at once or remove from heat and cover until ready to serve. Reheat as necessary. Arrange toppings salad-bar style, or pass them around at table.