

5 CAN SOUP



SERVINGS: 4 | PREP TIME: 5 MIN | COOKING TIME: 15 MIN

INGREDIENTS

- 1 (15 ounce) can corn, drained
- 1 (14.5 ounce) can chicken broth, low sodium
- 1 (10 ounce) can chicken, drained
- 1 (15 ounce) can black beans, drained and rinsed
- 1 (10 ounce) can diced tomatoes & green chilies, drained

DIRECTIONS

- Wash hands with soap and water.
- In a large saucepan, combine corn, chicken broth, chicken, black beans, and tomatoes.
- Bring to a boil. Cover, reduce heat, and simmer until heated through.

NUTRITION INFORMATION

*Serving Size (1/4 of recipe, about 375g): Calories 236; Total Fat 0g
Saturated Fat 0g; Cholesterol 38mg; Sodium 1,027mg
Total Carbohydrates 33g; Fiber 9g; Total Sugars 9g; Protein 20g*

Recipe adapted from UNL Food/Nebraska Extension office: food.unl.edu/recipe/six-can-chicken-tortilla-soup



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