

Chicken Soup Ranchero-Style Soup of the Month July - 2015



Nutrition olé! Get south-of-the-border flavor from adobo sauce, corn on the cob and more.

Prep Time: 20 Min

Start to Finish: 1 Hr.

Makes: 6 servings

INGREDIENTS

3 cans (14 oz. each) low-sodium chicken broth	2 dried bay leaves
1 tablespoon finely chopped garlic	3 cups hot cooked rice
1 bag (1 lb.) frozen mixed vegetables	1 cup shredded cooked chicken breast
6 frozen half-ears corn-on-the-cob (from 12-ct bag)	1 lime, cut into 6 wedges, if desired
1 to 2 chipotle chilies in adobo sauce (from 7-oz can), finely chopped	1 avocado, sliced, if desired
	1/4 cup chopped fresh cilantro, if desired

DIRECTIONS

1. In 4-quart saucepan, heat chicken broth and garlic over medium-high heat; cook uncovered 4 minutes, stirring occasionally.
2. Stir in mixed vegetables, corn-on-the-cob, chipotle chilies and bay leaves. Cover; cook about 30 minutes, stirring occasionally, until vegetables are tender. Meanwhile, make the rice.
3. Just before serving, stir chicken into soup. Discard bay leaves. Fill each bowl with 1/2 cup rice, 1 ear corn and soup. Garnish with remaining ingredients.



Recipe Provides: Grains 1oz-equivalents, Meat & Beans 1oz-equivalents, Vegetables 1/2c

NUTRITION INFORMATION PER SERVING

Serving Size: 1 Serving	Total Fat: 3 ½ g	Saturated Fat: 1 g
Calories: 300	Calories from Fat: 30	Carbohydrates: 49 g
Cholesterol: 20 mg	Dietary Fiber: 6 g	Sodium: 440 mg
Sugars: 4 g	Protein: 17 g	



Recipe adapted from www.eatbetterearly.com