

Chicken and Black Bean Soup

$\frac{3}{4}$ cup dry black beans
1 (10 ounces) package frozen whole kernel corn
Nonstick cooking spray
1 pound chicken breasts
1 onion
2 tomatoes
1 small green pepper
2 (14 ounces each) cans reduced sodium chicken broth
2 cups water
1 teaspoon dried oregano
 $\frac{1}{2}$ teaspoon ground cumin
 $\frac{1}{2}$ teaspoon garlic powder
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper

Makes 6 portions, 1 cup each

Per portion

Calories:	238
Carbohydrate:	30 grams
Protein:	26 grams
Fat:	2 grams
Saturated fat:	0
Cholesterol:	44 milligrams
Sodium:	365 milligrams
Dietary fiber:	6 grams

1. Sort and wash beans. Place beans in a large soup pot. Cover with water to a depth of 2 inches above the beans, and let soak overnight.
2. Thaw corn.
3. Spray skillet with nonstick cooking spray. Skin chicken if not using skinless chicken. Cook chicken and set aside to cool.
4. De-bone chicken, if needed, and chop.
5. Wash and chop onion, tomatoes, and green pepper.
6. Drain beans. Combine beans, onion, green pepper, broth, water, oregano, cumin, garlic powder, salt, and pepper in pot and bring to a boil.
7. Cover and reduce heat. Simmer 1 hour or until beans are tender, stirring occasionally.
8. Add tomatoes and corn to bean mixture.
9. Cover, simmer 30 minutes or until vegetables are tender. Add chicken just before serving.