

Thick, creamy, and easy to make. Loaded with chicken and your favorite Tex-Mex ingredients.

INGREDIENTS:

- 1 Tbsp Butter or Ghee, or avocado oil
- 1 Medium Onion, diced
- 2 Celery Stalks, sliced
- 1 Medium Carrot, thinly sliced
- 1 Large Red Bell Pepper, diced
- 2-3 Garlic Cloves, chopped
- 1½ Tsp Ground Cumin
- 1 Tbsp Chili Powder
- 1 Tsp Dried Oregano
- 15 oz Diced fire-roasted Tomatoes, 1 can
- ¼ Cup Tomato Paste
- 4 Cups Low Sodium Chicken Broth
- 14.5 oz Red Kidney Beans, drain and rinsed, 1 can
- 14.5 oz Black Beans, drain and rinsed, 1 can
- 1 Cup Fresh or Frozen Sweet Corn
- 2 Cups Shredded Cooked Chicken
- 1 Cup Mexican Shredded Cheese Blend, for garnishing
- Salt and pepper to taste



INSTRUCTIONS:

1. Melt butter or ghee (add avocado oil if using) in a large stockpot over medium-high heat.
2. Add onion, celery, carrots, bell pepper, garlic and cook until softens, about 5-6 minutes.

3. Stir in seasonings, diced tomatoes, tomato paste, and chicken broth and bring to a boil. Lower the heat and simmer for about 10-15 minutes, or until veggies are very tender.
4. Remove from heat and using a hand blender, blend the soup until smooth and creamy. Place the soup back over medium heat and add in beans, corn and shredded cooked chicken.
5. Stir to combine and boil for a couple of minutes, just to heat it all up.
6. Then pour into bowls and top with shredded cheese or your favorite toppings. Enjoy!

Substitutes:

- Fresh, frozen, or canned corn
- Oil- avocado, olive oil, or vegetable oil
- Try Shredded turkey, ground chicken, or ground turkey

Storage:

Place leftovers in a container and store in the fridge for up to 5-7 days. Reheat in the microwave when ready to eat. You can freeze for up to 3-4 months.

NUTRITION

CALORIES: 450KCAL CARBOHYDRATES: 52G PROTEIN: 34G
FAT: 13G SATURATED FAT: 6G CHOLESTEROL: 59MG
SODIUM: 444MG POTASSIUM: 1121MG FIBER: 15G
SUGAR: 6G VITAMIN A: 3542IU VITAMIN C: 44MG
CALCIUM: 223MG IRON: 6MG

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.