



Southwestern Chicken and White Bean Soup

Cooking Light “Fresh Food Fast” 2009

Ingredients

- 2 cups shredded cooked chicken breast
- 1 tablespoon 40%-less-sodium taco seasoning (such as Old El Paso)
- Cooking spray
- 2 (14-ounce) cans fat-free, less-sodium chicken broth
- 1 (16-ounce) can cannellini beans or other white beans, rinsed and drained
- 1/2 cup green salsa
- Light sour cream (optional)
- Chopped fresh cilantro (optional)

Directions

1. Combine chicken and taco seasoning; toss well to coat. Heat a large saucepan over medium-high heat. Coat pan with cooking spray. Add chicken; sauté 2 minutes or until chicken is lightly browned. Add broth, scraping pan to loosen browned bits.
2. Place beans in a small bowl; mash until only a few whole beans remain. Add beans and salsa to pan, stirring well. Bring to a boil. Reduce heat; simmer 10 minutes or until slightly thick. Serve with sour cream and cilantro, if desired.