

From SparkPeople.com: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=718155>

Southwest Chicken and Black Bean Soup

1 large carrot chopped
1 red bell pepper diced
1 t canola oil
1 cup onion diced
2 cloves garlic, minced
2 t chili powder
1 t paprika
1 t ground cumin
1 cup no salt-added petite diced tomatoes
2 cans reduced-sodium black beans drained and rinsed
1 lb boneless skinless chicken, diced
4 cups no salt added chicken broth
Juice of 2 limes
2 t cilantro, chopped

Heat oil in heavy bottomed saucepan, add onions, cover and cook for 3-4 minutes. Add the carrot and pepper and cook another 3 minutes until the vegetables start to soften. Remove the lid, add the chicken, garlic and spices and cook until no longer pink. Add the tomatoes and beans. Stir to combine, slowly add the stock. Bring to a boil and reduce heat, simmer for 15 minutes. Puree 1/3 of the soup with an immersion blender or mash using a potato masher. Add lime juice to taste. Sprinkle on the fresh Cilantro.

Nutrition Facts

Servings Per Recipe: 8
Serving Size: 1 serving

Amount Per Serving	
Calories	217.4
Total Fat	2.3 g
Saturated Fat	0.5 g
Polyunsaturated Fat	0.4 g
Monounsaturated Fat	0.7 g
Cholesterol	35.0 mg
Sodium	105.7 mg
Potassium	850.7 mg

Total Carbohydrate	29.9 g
Dietary Fiber	6.7 g
Sugars	2.6 g
Protein	21.1 g
Vitamin A	42.8 %
Vitamin B-12	3.6 %
Vitamin B-6	22.4 %
Vitamin C	86.8 %
Vitamin D	0.0 %
Vitamin E	1.6 %
Calcium	7.1 %
Copper	5.1 %
Folate	4.5 %
Iron	15.4 %
Magnesium	6.6 %
Manganese	6.6 %
Niacin	34.2 %
Pantothenic Acid	5.9 %
Phosphorus	13.6 %
Riboflavin	4.9 %
Selenium	15.1 %
Thiamin	5.0 %
Zinc	4.2 %