



LIVE WELL
ALABAMA

#EatBetter

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Soup

Southwest Chicken and White Bean Soup

Helpful Hints

- **Leftovers? Freeze for an easy dinner later on.**
- **Be creative. Beans are a great source of protein. Substitute the white beans with your favorite beans.**
- **If you have a picky eater, add extra finely chopped veggies, and let the soup hide them from the kids.**

Southwest Chicken and White Bean Soup

Serves 6 (serving size 1 cup)

Ingredients

1 can white beans, 16-ounces, rinsed
and drained
2 cups cooked chicken, shredded
1 tablespoon taco seasoning
Cooking spray
2 cans low sodium chicken broth,
14 ounces
½ cup green salsa

Directions

1. Place beans in a small bowl and mash with fork.
2. Coat chicken with taco seasoning.
3. Coat large pan with cooking spray.
4. Over medium heat, add chicken to pan and cook 2 minutes or until chicken is lightly browned.
5. Add broth, beans, and salsa. Bring to a boil.