



Chili-Spiced Chicken Soup with Peppers & Avocado Relish

Makes 8 servings

Nutrition Information Per Serving:

285 Calories, 27.2 g. Protein, 23.1 g. Carbohydrates, 5.5 g. Dietary Fibre, 9.6 g. Fat (2.1 g sat , 4.7 g mono), 648 mg. Cholesterol, 773 mg. Sodium, 99 mg. Calcium.

This soup is delicious – hearty, yet not too heavy – and the avocado/cilantro relish on top is incredible. It gives the soup an intense flavor and creaminess that is perfect.

If you like Mexican food like I do.....

tacos, fajitas, burritos, this soup is everything you would find in a fajita in a healthy, soup instead.



Ingredients

Spice blend

- 2 1/2 tsp. of chili powder
- 2 tsp. of ground cumin
- 1 1/2 tsp. of ground coriander
- 1 tsp. of dried oregano
- 1 tsp. of cracked black pepper
- 1/2 tsp. of kosher salt

Soup

- 1 Tbsp. of olive oil, divided
- 1 1/4 lb. of skinless, boneless chicken breasts, cut into 1/2-inch-wide strips
- 2 cups of chopped sweet onion
- 1 cup of chopped red bell pepper
- 1 cup of chopped green bell pepper
- 1 cup of chopped yellow bell pepper
- 1 Tbsp. of minced garlic
- 1/2 tsp. of salt
- 2 cups of fresh corn kernels
- 1 (32 oz.) carton of low-sodium chicken broth
- 1 (28 oz.) can of fire-roasted crushed tomatoes, undrained
- 2 Tbsp. of fresh lime juice

Relish

- 1/2 cup of chopped fresh cilantro
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- 1/3 cup of chopped green onions
- 1 tsp. of grated lime rind
- 3 oz. of queso fresco, crumbled
- 1 diced peeled avocado
- Cilantro sprigs (optional)



Preparation

- To make spice blend, in small-size bowl, combine first 6 ingredients, set aside.
- To make soup, in large-size nonstick saucepan over medium-high heat.
- Heat 2 tsp. of oil and add chicken, sprinkle 1 1/2 Tbsp. of spice blend over it.
- Sauté 8 until done (about 8 min), let cool, chop chicken, set aside.
- Heat remaining 1 tsp. of oil in pan over medium-high heat, add onion, bell peppers, garlic, and 1/2 tsp. of salt.
- Sprinkle vegetable mixture with remaining spice blend, sauté until vegetables are tender (about 8 minutes).
- Stir in chicken, corn, broth, and tomatoes, bring to a boil.
- Reduce heat to low and simmer 15 min. Last step is to add the lime juice.
- To make relish, combine chopped cilantro, green onion, lime rind, queso fresco, and avocado.
- To serve, ladle 1 1/4 cups of soup into bowls, top with 1/4 cup of relish.
- Garnish with cilantro sprigs, if desired.

