

## Mexican Black Bean Soup



### Nutrition Facts

Serving Size: 1 cup

Calories: 170

Fat: 3.5 g

Dietary Fiber: 5 g

Carbohydrate: 15 g

Sodium 390 mg

Cholesterol: 40 mg

Protein 20 g

This flavorful, low-carb soup makes a great lunch the next day too. If you can't find fire-roasted tomatoes, you can use canned diced tomatoes with green chiles.

Source: American Diabetes Association.  
For more Diabetes-friendly recipes, visit:  
<http://www.diabetes.org/mfa-recipes/>

CareMore Cal MediConnect Plan - <http://duals.caremore.com> - Member Services: 1-888-350-3447

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### Ingredientes

- Cooking spray
- 2 teaspoons canola oil
- ½ onion, diced
- 1 pound skinless, boneless, chicken breast, cut into ½-inch cubes
- ½ teaspoon Adobo seasoning (such as Goya); divided
- ¼ teaspoon ground black pepper
- 40 ounces low-sodium chicken broth
- 14.5-ounce can fire roasted tomatoes
- 1 tablespoon chili powder
- ½ teaspoon cumin
- ½ cup frozen corn
- 15-ounce can black beans, rinsed and drained

### Instrucciones

1. Spray a large soup pot with cooking spray. Add oil and onion and sauté over medium-high heat for 3 minutes or until clear.
2. Add chicken and season with ¼ teaspoon Adobo seasoning and pepper. Cook chicken until slightly brown, about 6-7 minutes.
3. Add remaining ingredients (including the other ¼ teaspoon Adobo seasoning). Reduce heat and simmer for 15 minutes.