



Chicken Chili, Navy Bean, & Veggie Soup

This is a delicious, hearty bowl of soup packed with great sources of lean protein. This is an easy way to get your serving of beans and legumes. Beans have a low glycemic index, which means they have the unique ability to provide energy over a sustained period of time by being slowly released into your blood stream. This soup can be served with the following toppings: Greek yogurt, salsa, chopped green onions, or shredded cheese.

Prep: 25 minutes • Total: 1 hour 30 minutes (includes simmering)

Ingredients:

Boneless, skinless chicken breast	1 lb	450 g
Water	2 ½ cups	625 mL
Garlic	3 cloves	3 cloves
Green pepper	1 large	1 large
Red pepper	1 large	1 large
Jalapeno (optional)	1 each	1 each
Olive oil	1 Tbsp	15 mL
Lime juice	2 Tbsp	30 mL
Green chilis, chopped	4 oz	4 oz
Navy beans, rinsed & drained	30 oz	2 cans
Frozen corn	1 ½ cups	375 mL
Cumin	1 Tbsp	15 mL

Directions:

1. Simmer 1 pound skinless, boneless chicken breasts in 2.5 cups water. When done chop chicken and reserve broth.
2. Chop 3 cloves garlic and peppers.
3. Sauté vegetables in olive oil for approximately 5 minutes.
4. Add broth, fresh lime juice, corn, green chilis, navy beans, chopped chicken, jalapeno, and cumin.
5. Simmer one hour, then serve and enjoy!

Nutrition Facts

Serving Size (328g)

Servings Per Container

Amount Per Serving

Calories 320 **Calories from Fat 70**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 210mg **9%**

Total Carbohydrate 36g **12%**

Dietary Fiber 11g **44%**

Sugars 3g

Protein 29g

Vitamin A 15% • Vitamin C 90%

Calcium 10% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: Kath Eats Real Food

Makes 6 servings (328 g / serving) • 1 serving = 1 bowl

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