

Try it “Tuesdays”

Ancho Chili & Chicken Soup

Makes: 4 (1 1/2 cups) servings

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Nutrition Information per serving:

Calories 103

Carbohydrate 8 g

Dietary Fiber 3 g

Protein 13 g

Total Fat 2 g

Saturated Fat 1 g

Trans Fat 0 g

Cholesterol 29 mg

Sodium 408 mg

Ingredients

2 dried ancho chilies, seeded and torn into pieces

1 cup water

2 1/2 cups 33% less sodium chicken broth

2 stalks celery, chopped

1 medium onion, peeled and chopped

1 cup cooked, chopped chicken

3/4 cup chopped carrots

1 teaspoon oregano

3/4 cup chopped chayote squash

Directions

Place chilies in a hot skillet and cook for about 45 seconds until lightly toasted and fragrant. Cover with 1 cup boiling water and let stand for 20 minutes. Meanwhile, combine broth, celery, onion, chicken, carrots, and oregano in a medium saucepan. Bring to a boil; reduce heat. Cover and let simmer for 20 minutes. Place chilies and liquid in a blender or food processor and puree until smooth. Add chili puree and chayote to broth mixture. Simmer for 5 minutes more. Serve.

For more information, Contact your local EFNEP office

