

## Nutritious & Delicious Soup Recipes



### Mexican Chicken & Wild Rice Soup

#### Ingredients (serves 8)

1 tsp olive oil  
1 onion, finely chopped  
1 green pepper, diced  
200g sweetcorn, frozen or from a can  
4 teas chipotle paste  
250g cooked long-grain and wild rice mix  
400g can blackeye beans in water, rinsed and drained  
1.3ltr low-sodium chicken stock  
2 cooked skinless chicken breasts, shredded  
small bunch coriander, chopped  
3g Salt

#### Method

1. Heat the oil in a large non-stick frying pan and cook the onion for 5 mins.
2. Throw in the pepper and cook for 2 mins more, then add the sweetcorn, chipotle paste and rice.
3. Stir well and cook for 1-2 mins.
4. Add the blackeye beans and the stock.
5. Bring to the boil, turn down to a simmer, then add half the chicken and coriander.
6. Cool for 2-3 mins, then ladle into bowls.
7. Scatter over the rest of the chicken and coriander.

#### Key Nutrients

Portion	331g	100g	
Calories	<b>783 (kJ)</b>	<b>237 (kJ)</b>	
Calories	<b>186 (kcal)</b>	<b>56 (kcal)</b>	
Nutrients	Per Serving	Per Serving	
Fat	2.5g	0.8g	Low
Saturates	0.5g	0.2g	Low
Sugars	3.0g	0.9g	Low
Salt	0.80g	0.30g	Low
Protein	16.2g	4.9g	-

#### Low Fat

**Allergen Info: Celery**