

Mexican Chicken Soup

From Food Network Kitchens



Recipe Summary

Difficulty: Easy

Prep Time: 30 minutes

Cook Time: 35 minutes

Yield: 4 servings

User Rating: ★★★★★

If you can't find posole, which is also called hominy, feel free to substitute frozen corn kernels.

2 tablespoons canola oil
1 medium onion, chopped
1 medium rib celery, chopped
2 garlic cloves, minced
1 tablespoon chili powder
1 teaspoon ground cumin
6 cups chicken broth, low-sodium canned
1/4 cup canned green chiles
1 (15 1/2-ounce) can posole, drained or frozen corn kernels
4 canned whole peeled tomatoes, roughly chopped
1 teaspoon dried oregano
1 cup cooked skinless shredded chicken breast (about 4 ounces)
1/4 cup chopped fresh cilantro leaves
Juice of 1 lime
Kosher salt and freshly ground black pepper

Heat the oil in a medium saucepan over medium heat. Add the onion, celery, garlic, chili powder, and cumin, and cook until the onion softens, about 5 minutes. Add the chicken broth, bring to a boil, reduce the heat slightly, and simmer, uncovered, for 10 minutes. Add the green chiles, posole, tomatoes, and oregano and cook for another 5 minutes.

Pull the saucepan from the heat and stir in the chicken, cilantro leaves, and lime juice. Season, to taste, with salt and pepper. Serve hot.

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Nutrition Information

Nutritional Analysis per serving

Calories 250

Fat 11 grams

Saturated Fat 1 gram

Carbohydrates 25 grams

Fiber 5 grams

Protein 16

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