



# Fiesta Chicken Soup

4 Servings • 1 Serving = 1 ½ Cups

## INGREDIENTS

- 1 Tablespoon ground coriander
- 1 Tablespoon and 1 teaspoon ground cumin, divided
- 1 Tablespoon ground turmeric
- 1 Tablespoon garlic powder
- 2 teaspoons oregano
- 1 teaspoon ground black pepper
- 1 Tablespoon olive oil or canola oil
- 1 pound skinless chicken thigh or chicken breast
- 1 cup onion, diced
- 1 bell pepper, diced
- 2 jalapeño peppers, seeded and minced
- 3 cloves garlic, minced
- 1 teaspoon smoked paprika
- 1 teaspoon chili powder
- ¼ teaspoon salt
- 32 ounces low sodium chicken broth or stock, or more, if desired
- 2 Roma tomatoes, diced
- Juice of 2 limes
- Large handful of cilantro, chopped
- 1 avocado, diced
- Optional: non-fat, plain Greek yogurt, onions, cabbage slaw, cheese (shredded)

## DIRECTIONS

1. Combine coriander, 1 Tablespoon cumin, turmeric, garlic powder, oregano, and 1 teaspoon black pepper and mix well. Set aside.
2. In a small bowl, combine coriander, 1 Tablespoon cumin, turmeric, garlic powder, oregano, and black pepper. Mix well and set aside.
3. Heat a large stock pot to medium heat. Add the oil.
4. In a medium bowl, season the chicken with 1 Tablespoon of the spice blend, rubbing the chicken with your hands.
5. Add the chicken to the pre-heated stock pot. Brown the outside of the chicken.
6. Add the onion, bell pepper, jalapeños, garlic, paprika, remaining cumin, chili powder, and salt. Stir and cook for 1 minute.
7. Add the chicken broth. Cover and simmer the soup until the chicken has cooked through (internal temperature of 165°F).
8. Once cooked through, remove the chicken from the pot, and place on a cutting board or a large plate. Using 2 forks, shred the chicken and add back into the soup.
9. Add the tomatoes and simmer the soup for 5 minutes.
10. Right before serving, add the lime juice and cilantro.
11. Top each bowl of soup with the avocado, yogurt, onions, cabbage slaw, and/or cheese.

## Nutrition Facts

4 servings per container	
<b>Serving size</b> 1 1/2 cups	
<b>Amount per serving</b>	
<b>Calories</b>	<b>350</b>
% Daily Value*	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 120mg	<b>40%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 40g	
Vitamin D 0mcg	0%
Calcium 65mg	6%
Iron 3mg	15%
Potassium 1104mg	25%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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