



Ancho Chili and Chicken Soup

Ingredients

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| 2 dried ancho chilies, seeded and torn into pieces | 1 medium onion, peeled and chopped |
| 1 cup water | 1 cup cooked, chopped chicken |
| 2½ cups 33% less sodium chicken broth | ¾ cup chopped carrots |
| 2 stalks celery, chopped | 1 teaspoon oregano |
| | ¾ cup chopped chayote squash |

Preparation

1. 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.
2. 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.
3. 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.

A slightly spicy chicken soup, packed full of hearty vegetables.

Makes 4 servings. 1½ cups per serving.

Prep time: 15 minutes

Cook 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