



Easy One-Pot Chicken Taco Soup

A RECIPE BY ANITA CRESSMAN

Prep Time - 5 minutes

Serves - 4 people

Cook Time - 30 minutes

ingredients

- 2 tbsp Olive oil
 - 1 medium yellow onion, diced
 - 2 cloves garlic, minced
 - 1 tbsp chili powder
 - 1 tbsp ground Cumin
 - 2 tsp Paprika
 - 2 tsp dried Oregano
 - ½ tsp kosher salt
 - ¼ tsp freshly ground black pepper
 - 4 cups low-sodium chicken broth
 - 1 can (15 oz) Black beans, drained and rinsed
 - 1 can (15 oz) Diced tomatoes
 - 1 lb boneless, skinless chicken breasts
 - 1 cup fresh or frozen Corn kernels
- For serving (optional):
- 2 medium scallions, thinly sliced
 - ½ cup shredded sharp cheddar cheese
 - ½ cup crushed tortilla chips

directions

Heat the oil in a large Dutch oven over medium heat until simmering. Add the onion and garlic, and cook, stirring occasionally, until tender, about 5 minutes. Add the chili powder, cumin, paprika, oregano, salt, and pepper, and cook until fragrant, about 1 minute. Add the broth, beans, and tomatoes and their juices, then stir to combine.

directions cont.

Heat the oil in a large Dutch oven over medium heat until simmering. Add the onion and garlic, and cook, stirring occasionally, until tender, about 5 minutes. Add the chili powder, cumin, paprika, oregano, salt, and pepper, and cook until fragrant, about 1 minute. Add the broth, beans, and tomatoes and their juices, then stir to combine.

Add the chicken and bring to a boil. Reduce the heat to maintain a simmer, and simmer until the chicken is cooked through and registers an internal temperature of 165F, 10 to 14 minutes, depending on the thickness of the chicken.

Transfer the chicken breasts to a cutting board. Shred the meat with two forks, then return the chicken to the pot. Stir in the corn. Serve topped with scallions, cheese, and tortilla chips if desired.