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“Black Bean Chicken Soup”

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Fight off the cold of winter with this easy soup made crock-pot ready by the end of the day. Serves 10

Ingredients:

- 4 boneless, skinless chicken breasts
- 1 tablespoon minced garlic (3-4 cloves)
- 2 cans (14.5 oz. ea.) chicken broth
- 2 cups dried black beans
- 2 cans (14.5 oz. ea.) Mexican style stewed tomatoes
- 1 cup salsa
- 1 teaspoon cumin
- 1/4 teaspoon black pepper
- 1/2 teaspoon ground dried oregano
- 1/2 teaspoon ground dried thyme
- 2 cups shredded Mexican blend cheese
- 1 tablespoon lemon juice
- 3 hard cooked egg, garnish, optional
- Chopped fresh cilantro, optional
- Flour tortilla, optional

Method:

Preferably, cover beans with cold water and soak overnight. Drain and discard soaking water.

Cut chicken breasts in fourths; place chicken, garlic, broth, beans, tomatoes, salsa, cumin, black pepper, oregano and thyme in a crock-pot. Be sure crock pot is at least half full. Cover, cook on low 8-10 hours, or until beans are tender.

Add lemon juice to soup; if desired, partially mash beans with a fork by pressing against the sides of the crock pot - be careful not to overly stir and shred chicken. Spoon beans and chicken into serving bowls. Add shredded cheese, garnish with chopped hard cooked egg, and chopped cilantro. Serve with warm flour tortillas.



Nutrition Facts	
Serving Size 1 1/4 cups (383g)	
Servings Per Container 10	
Amount Per Serving	
Calories 370	Calories from Fat 120
% Daily Value*	
Total Fat 14g	21%
Saturated Fat 7g	33%
Cholesterol 120mg	40%
Sodium 930mg	39%
Total Carbohydrate 32g	11%
Dietary Fiber 9g	36%
Sugars 6g	
Protein 30g	
Vitamin A 15%	Vitamin C 8%
Calcium 25%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	