



# Taco Soup

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template approved



prep time  
10 minutes



total time  
30 minutes



servings  
4-6

## Ingredients

- 1.5 pounds/675 grams **cooked** chopped chicken thighs (we recommend the Baked Chicken Thighs recipes from Members Only). You can also substitute chicken breast or ground meat. ~ 25 servings of protein
- 1/2 medium yellow onion  
~ 1 serving of veggies
- 5 cups chicken or vegetable stock
- 1 can of corn 15oz/450 grams can or 1.5 cups ~ 4 servings of carb
- 1 can of black beans 15 oz/450 grams (cuban style black beans add more flavor!)  
~ 5 servings of carb and 5 servings of protein
- 1 can diced green chilies (4 oz/120 grams)  
~ 1 serving of veggies
- 1 can diced fire roasted tomatoes (15 oz/450 grams) ~ 5 servings of veggies
- 1 small can sliced black olives (3.8oz/ 108g)  
~ 1 serving of fat
- 1 cup of pico de gallo ~ 1 serving of veggies
- Juice from 2-3 limes
- 2-3 TSP of Taco seasoning
- 1 TBSP of diced cilantro
- 1 TBSP olive oil ~ 1 serving of fat
- 2-3 minced garlic cloves

### Optional Toppings:

- Greek yogurt
- Cilantro
- Avocado

 simple soup

## Instructions

- 1 Heat a large pot over medium-high heat, add olive oil and diced onions. Cook for a few minutes until the onions are translucent.
- 2 Add minced garlic and cook for another minute.
- 3 Add the chicken stock, fire roasted tomatoes, taco seasoning and stir well.
- 4 Add the remainder of the ingredients and combine well.
- 5 Allow soup to simmer for 20 minutes before serving.
- 6 Serve warm and finish with desired toppings.



### Whole Recipe Breakdown:

30 servings protein  
9 servings carb  
2 servings fat  
8 servings veggies

