

Mexican Chicken Soup

1-tablespoon canola oil
1 small onion, chopped
1 jalapeno pepper, diced
2 garlic cloves, minced
2 teaspoons ground cumin
5 cups lower-sodium chicken broth
1 ½ pounds boneless, skinless chicken breasts cut into 2-inch strips
2 cups mild refrigerated fresh salsa
Salt and freshly ground black pepper

Heat oil in saucepan over medium heat. Add onion and jalapeno; cook, stirring often until vegetables are tender, 5 minutes. Stir in garlic and cumin; cook 30 seconds more. Add broth, increase heat to high, and bring to a rapid simmer. Add chicken and cook until no longer pink, about 3 minutes. Stir in salsa, bring back to a simmer, season with salt and pepper for taste, and serve hot.

Courtesy of Dr. Catherine Hebert
(985) 626-0111