
MEXICAN CORN SOUP

- 1 (16 oz.) package frozen whole kernel corn, thawed
- 1 cup no salt added or reduced-sodium chicken broth
- 1 (4 oz.) can diced green chile peppers
- 1 clove garlic, minced
- 1 teaspoon dried oregano, crushed
- 1 Tablespoon chili powder
- 1 Tablespoon cumin
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ cup fat-free milk
- 1 cup chopped cooked chicken
- 1 (15 oz.) can no salt added or reduced sodium tomato sauce
- 1 cup petite diced tomatoes

1. In a large sauce pan, combine corn, chile peppers, garlic, oregano, salt, cumin, chili powder, and black pepper.
2. Bring to boiling, reduce heat. Simmer, uncovered, for 10 minutes, stirring occasionally.
3. Stir in milk, chicken, and tomatoes; heat until just boiling.
4. Remove from heat. Stir in cheese until melted.

Serves 6. Adapted from *Diabetes What To Eat*.

www.feedingthegulfcoast.org/recipes | (888) 704-FOOD

MEXICAN CORN SOUP

- 1 (16 oz.) package frozen whole kernel corn, thawed
- 1 cup no salt added or reduced-sodium chicken broth
- 1 (4 oz.) can diced green chile peppers
- 1 clove garlic, minced
- 1 teaspoon dried oregano, crushed
- 1 Tablespoon chili powder
- 1 Tablespoon cumin
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ cup fat-free milk
- 1 cup chopped cooked chicken
- 1 (15 oz.) can no salt added or reduced sodium tomato sauce
- 1 cup petite diced tomatoes

1. In a large sauce pan, combine corn, chile peppers, garlic, oregano, salt, cumin, chili powder, and black pepper.
2. Bring to boiling, reduce heat. Simmer, uncovered, for 10 minutes, stirring occasionally.
3. Stir in milk, chicken, and tomatoes; heat until just boiling.
4. Remove from heat. Stir in cheese until melted.

Serves 6. Adapted from *Diabetes What To Eat*.

www.feedingthegulfcoast.org/recipes | (888) 704-FOOD