

Spicy Chicken and Spinach Soup

Servings: about 4 bowls

RECIPE BOX

Easy to make and checks off all the nutrient boxes! You will find protein in the chicken, healthy carbs in the veggies and when topped with avocado you get a dose of healthy fats.

INGREDIENTS

4 CUPS CHICKEN BROTH
1 CUP SALSA
2-3 TBSP HOMEMADE TACO SEASONING
1 CAN CORN
½ BAG FRESH SPINACH
1 ROTISSERIE CHICKEN, PULLED
2 AVOCADO



DIRECTIONS

STEP 1: In a large pot, boil broth and salsa. Add remaining ingredients (except avocado).

STEP 2: Simmer 10 minutes, serve. Top with ¼ avocado. Makes 4 servings.

You can prepare in a Slow Cooker by using a raw whole young chicken. After chicken is cooked discard the bones and use the chicken broth.

GF This recipe is gluten free as written.

Nutrition per Serving: Calories 379, Fat 20g, Carbs 27g, Fiber 12g, Sugars 8g, Protein 35g

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