

CHICKEN ENCHILADA SOUP

Bariatric, Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat

Serves: 10 (Serving= 1 1/2 cups)

Nutrition (per serving)

Calories: 170

Total Fat: 4 g

Saturated Fat: 0 g

Sodium: 715 mg

Total Carbohydrate: 19 g

Dietary Fiber: 6 g

Protein: 13 g



Ingredients

- 3 – 4 ounce chicken breasts, cooked and shredded
- 1 cup onion, chopped
- 1 cup frozen corn kernels, thawed
- 1 cup canned black beans, drained and rinsed
- 1 – 14 ounce can fire roasted diced tomatoes
- 1 – 4 ounce can diced green chilies
- 1 – 15 ounce can 100% pure pumpkin
- 3 cups red enchilada sauce (use gluten free for GF version)
- 3 cups reduced sodium chicken broth (use gluten free for GF version)
- Tostitos® tortilla chips
- Light shredded Mexican cheese
- Light sour cream

Directions

1. Place all ingredients in crock-pot. Cook on low for 8-9 hours.
2. Place in serving bowl and top with chips, sour cream and cheese.

To make bariatric diet friendly:

Drain most of broth from soup to avoid too much liquid.

Note: this soup has is not suitable for a pureed diet; bariatric patients should avoid this soup until advancing past this stage. The tomatoes in this soup may also be too acidic to eat for at least 4 weeks post-op. You can make this ahead of time and freeze for later.

Bariatric nutrition information (¾ cup serving, makes 20): Calories 85, Total Fat 2g, Sat Fat 0g, Sodium 358mg, Total Carbohydrate 10g, Fiber 3g, Protein 7g