

# Maria's Vegetable Chicken Soup

From the kitchen of Maria Brooks, San Antonio

Preparation time: 1:30 hour

Number of servings: 23

## **Ingredients:**

*Water*

*4 pounds of chicken breast (remove the skin), cut into pieces*

*¼ cup tomato sauce*

*4 medium potatoes cut in halves*

*4 medium carrots cut in quarters*

*2 medium tomatoes cut in quarters*

*1 onion cut in quarters*

*2 stalks celery, cut into large slices*

*1 head cabbage, cut into wedges*

*4 large ears corn, cut in halves*

*2 small squash, cut into large wedges*

*1 cup green beans, fresh or frozen*

*4-6 sprigs of cilantro, coarsely chopped*

Salt to taste (optional)

## **Preparation:**

1. Fill large pot with water and boil chicken breast for 30-40 minutes. Leave lid slightly cracked to prevent boiling over.
2. Add tomato sauce and vegetables. Cook until vegetables are tender, about 30-40 minutes.
3. When potato is tender (not soft), the soup is ready. Season with a little salt (optional).

\* Can add lemon or salsa

\* Serve with corn tortillas

## **Nutrition information per serving:**

FAT: 9% of calories from fat (low)

FIBER: 3 grams (high)

CALORIES: 145

## **TIP:**

*White meat (chicken breast) is a little lower in fat than dark meat (thigh or leg).*