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
\( \frac{1}{4} \) 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).