

African Chicken-Peanut Soup

SOURCE: Cooking Light, SEPTEMBER 1999

INGREDIENTS:

Cooking spray

1 1/2 C cubed peeled sweet potato

1/2 C chopped onion

1/2 C diced red bell pepper

2 Garlic cloves, minced

1 Jalapeño pepper, seeded/minced

2 C chopped cooked chicken breast (about 8 oz)

1 C bottled salsa

1/2 tsp ground cumin

2 (16-oz) cans fat-free, less-sodium chicken broth

2 (15-oz) cans Healthy Choice Chicken With Rice Soup OR any less-sodium
chicken-and-rice soup, undiluted

1 (15-oz) can black beans, drained

1/3 c creamy peanut butter

DIRECTIONS:

Place a large Dutch oven coated with cooking spray over medium-high heat till hot. Add sweet potato, onion, bell pepper, garlic + jalapeño - sauté 5 minutes. Stir in chicken + next 5 ingredients (chicken through beans) - bring to boil. Reduce heat - simmer 10 minutes. Add peanut butter, stirring with whisk - cook 2 minutes.

Yield: 11 servings (serving size: 1 C)

**NUTRITION PER SERVING: CALORIES 188 (28% from fat); FAT 5.9g (sat 1.3g, mono 2.4g, poly 1.6g);
PROTEIN 15.2g; CARB 19.3g; FIBER 3.4g; CHOL 21mg; IRON 1.4mg; SODIUM 556mg; CALC
35mg**