

Chicken Fajita Soup

- 1 pound chicken breasts
- 1 teaspoon olive oil
- 2 bell peppers, seeded and chopped
- 1 red onion, peeled and chopped
- 4 cloves garlic, minced
- 15 ounces fire roasted diced tomatoes
- 8 cups chicken broth
- 1 fajita seasoning packet, no added sugar
- Possible Garnishes: Scallions, Avocado



1. Place a large sauce 6-8 quart pot over medium heat. Add the oil, chopped bell peppers, onions, and garlic. Sauté for 3-5 minutes to soften.
2. Add whole chicken breasts, diced tomatoes, chicken broth, 1 fajita seasoning packet, and 1/2 teaspoon salt. Bring the soup to a boil. Lower the heat, and simmer for 20 minutes.
3. Use tongs to remove the cooked chicken breasts. Allow the soup to continue simmering, another 10-15 minutes. Allow the chicken to cool for a few minutes, then shred with two forks.
4. Add the shredded chicken back to the soup. Taste, and salt and pepper as needed.

Serving Size = 3 ounces of chicken – we found that 2 cups total will provide on plan servings of protein, vegetables & good fat. Don't forget the 1 cup side of fruit 😊