

Cheesy Mexican Corn Soup

Yields: 8 servings

Ingredients

- 1 pound boneless, skinless chicken breasts, cubed (1/2 inch)
- 1½ cups chopped onion
- 1 cup chopped green bell pepper
- 1 small jalapeno chili, chopped
- 1 clove garlic, chopped
- 1 tsp. ground cumin
- 1 tbsp. vegetable oil
- 1 tbsp. flour
- 1 quart chicken stock
- 2 cups frozen whole kernel corn
- Salt, to taste
- Pepper, to taste



1 to 1½ cups (4 to 6 ounces) shredded reduced-fat Monterey Jack cheese

Directions

Sauté chicken, onion, bell pepper, jalapeno, garlic and cumin in oil in large saucepan until lightly browned, about 10 minutes; sprinkle with flour and cook 1 to 2 minutes longer.

Stir in chicken broth and corn. Heat to boiling. Reduce heat and simmer, covered, until vegetables are tender, about 15 minutes. Season to taste with salt and pepper. Add cheese, stirring until melted.