



Cornell Health & Nutrition Balanced Choices for Life

Recipes

Dinner: Chicken and Black Bean Soup

Serves 4

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, chopped (about 1 cup)
- 2 boneless, skinless chicken breasts (total weight about 10 oz), cubed
- 6 cups water, vegetable or chicken stock
- 1 32 oz can diced tomatoes
- 2 15 oz cans of black beans
- 3 large carrots, diced (about 2 cups)
- 1 tablespoon dried thyme or rosemary
- Salt and pepper to taste

Directions

1. In a large soup pot, heat olive oil on med-high until almost smoking. Add onions and cook until translucent, about 5 minutes. Stir frequently to prevent sticking and burning.
2. Add the cubed chicken and cook, stirring occasionally when one side gets browned. Cook until the edges are browned on most sides.
3. Add the water or stock and stir, scraping up anything stuck on the bottom of the pan.
4. Add the tomatoes, black beans, carrots and thyme or rosemary.
5. Season with salt and pepper to taste.
6. Heat to a boil, cover and reduce heat to med-low (soup should be simmering). Cook until carrots are tender but not mushy, about 20 minutes.

© 2009 Cornell Health and Nutrition