
Easy Mexican Chicken and Rice Soup

Adapted a little from *Simply Recipes* (blog)



- 2 tablespoons olive oil
 - 1 large garlic clove, minced
 - 1 medium onion, diced
 - 1 1/2 teaspoons dried oregano
 - 1/4 teaspoon salt, or to taste
 - 1/8 teaspoon black pepper, or to taste
 - 15 ounces diced tomatoes, canned, fire-roasted, undrained
 - 6 cups low-sodium chicken broth
 - 2 cups frozen corn kernels, or fresh
 - 1/3 cup rice
 - 2 cups cooked chicken, chopped
- GARNISH:**
- 1 cup fresh cilantro, chopped
 - 1 whole lime, quartered, for garnish (1 to 2)
 - 5 tablespoons sour cream
 - 3/4 cup cheddar cheese, shredded
- Corn or flour tortillas to serve alongside

Per Serving (excluding unknown items): 416 Calories; 21g Fat (38.5% calories from fat); 39g Protein; 34g Carbohydrate; 3g Dietary Fiber; 72mg Cholesterol; 324mg Sodium. Exchanges: 1 1/2 Grain(Starch); 4 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 1/2 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 5

1. In a large pot over medium heat, warm the oil. Add the onion and oregano. Cook, stirring often for 3 to 4 minutes, or until the onion begins to soften. Add in garlic, then stir in the salt and pepper and continue to cook for about a minute. Do not let the garlic or onion brown.
2. Add the tomatoes, chicken broth, corn, and rice. Bring to a boil over high heat. Turn down the heat and simmer for 18 to 20 minutes, or until the rice is tender. (Don't over cook.)
3. Add the chicken and simmer for 1 to 2 minutes, or until the chicken is hot. Taste, and season with more salt and pepper, if you like.
4. Ladle the soup into bowls and serve hot with a dollop of sour cream on top, then the cilantro and lime wedges on top, and warm tortillas on the side. You could also garnish this with some shredded cheese (cheddar or Jack) and some crisp tortilla chips (crushed). Don't serve tortillas on the side if you use the chips.