



# Southwest Chicken Corn Chowder

SERVING: 8  
YIELD: 1.5 CUPS

PREP TIME: 15 MIN  
TOTAL TIME: 45 MIN

## Ingredients

**For the chicken:**

- 1 tbsp Extra Virgin Olive Oil
- 1 lb Boneless Skinless Chicken Breast, diced into bite sized pieces
- 1 tsp Poultry Seasoning

**For the Soup Part 1:**

- 4 cups Yukon Gold Potatoes, diced
- 1 medium White Onion, chopped
- 1 tsp Minced Garlic
- 1 medium Green Bell Pepper, diced
- 1 medium Red Bell Pepper, diced
- 1 bag of Frozen Corn
- 2 cups 1% Milk
- 2 cups No Salt Added Chicken Broth
- 1/3 cups Plain Nonfat Greek Yogurt

**For the Soup Part 2:**

- 1 (15 ounce) can No Salt Added Black Beans, rinsed and drained
- 1 Lime, juice
- 1/4 cup Cilantro, chopped
- 1/2 tsp Salt

Seasonings

1 tsp Cumin

1 tsp Ground Coriander

1/2 tsp Ground Turmeric

1/2 tsp Chili Powder

1/2 tsp Oregano

¼ teaspoon cayenne (only if you like a little heat)

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>1.5 cups (0.0g)</b>
Amount Per Serving	
Calories	270
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 8g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 23g	
Vitamin D 0.7mcg	4%
Calcium 130mg	10%
Iron 1.8mg	10%
Potassium 660mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Directions

**For the Chicken:**

1. In a large soup pot over medium-high heat add the olive oil, diced chicken, and poultry seasoning. Cook until chicken is no longer pink, about 5-7 minutes. Transfer to a bowl or plate. Cover and set aside.

**For the Soup Part 1:**

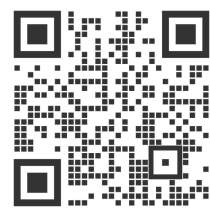
1. In the same pot, reduce heat to medium and add in potatoes, onion, garlic, bell peppers, corn, and seasoning. Sauté for 6-8 mins or until potatoes slightly soften.
2. Next slowly stir in the milk, broth and yogurt, scraping up any bits from the bottom of the pan. Reduce the heat to medium low and gently simmer for 10-15 minutes uncovered. Potatoes should be tender, easy to pierce with a fork.

**For the Soup Part 2:**

1. To give a creamy texture, blend approx. half of the soup (BE CAREFUL!) then return to the pot. Finally stir in the chicken, black beans, lime juice, cilantro, and 1/2 tsp salt.
2. To serve, garnish with cilantro, onions, and salsa. Enjoy!

\*Frozen vegetables can be used in this recipe to cut down on prep/cooking time: Example: 4 cups frozen hash browns with onions & peppers; 1 cup frozen chopped onions and 2 cups frozen chopped green bell peppers instead of fresh red/green bell peppers.

\*Cost information includes lower cost ingredients found at local grocery store 01/09/22.



Cost Per Recipe	Cost Per Serving
\$13.88	\$1.74

# How can I cut down on saturated fats?

The best strategy is not just to limit saturated fats — it's also to **replace them with healthier unsaturated fats**.

Studies show that swapping saturated fats for unsaturated fats may have health benefits. It can help lower “bad” LDL cholesterol in the blood. It may also lower the risk of heart disease.

**Here are 3 things you can do.**

## 1. Find out how many calories from saturated fats you're getting now.

You can use USDA's SuperTracker (<https://supertracker.usda.gov>) to get an idea. If it's more than 10% of your daily calories, find small changes you can make today and build on over time.

## 2. Check the Nutrition Facts label.

The label shows **total fat** broken out by **saturated fat and trans fat**. Labels may also list monounsaturated fatty acids and polyunsaturated fatty acids. These are types of unsaturated fats.

Pay attention to the specific types of fats listed. Choose options that are lower in or have no saturated fats and *trans* fats or have unsaturated fats instead.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>16%</b>
Saturated Fat 1g	<b>2%</b>
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## 3. Make some healthy shifts.

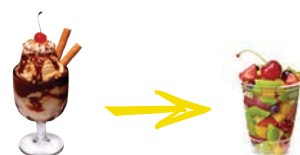
Replace foods and beverages higher in saturated fats with healthier options.



**Cook with olive oil instead of butter or stick margarine**



**Go for grilled chicken breast (without the skin) instead of fried**



**Have fruit salad instead of ice cream for dessert**

You can still have some foods and beverages with saturated fats — just choose smaller portions or have them less often. For example, you can:

- Replace some of the meat or poultry in your taco recipe with fish, beans, or other vegetables
- Use less meat and more vegetables to make a stir fry cooked with a small amount of oil
- Limit desserts to special occasions and use small bowls and plates to encourage smaller portions

## What about *trans* fats?

Like saturated fats, *trans* fats may increase the risk of heart disease.

Food companies have lowered the amount of **artificial trans** fats they add to foods. But there may still be some artificial *trans* fats in packaged foods like snacks, desserts, frozen pizzas, margarine, and more.

*The Dietary Guidelines* recommends eating and drinking as few artificial *trans* fats as possible.

Small amounts of **natural trans** fats are in dairy and meat.

*The Dietary Guidelines* recommends lowering how many natural *trans* fats you get by choosing fat-free or low-fat dairy and lean meats and poultry.

Want to learn more about saturated fats and how to build a healthy eating pattern that works for you? Check out [DietaryGuidelines.gov](https://DietaryGuidelines.gov) for more information on the *Dietary Guidelines* and [ChooseMyPlate.gov](https://ChooseMyPlate.gov) for online tools, recipes, and more.



**ODPHP**

Office of Disease Prevention  
and Health Promotion