



Easy Chicken Taco Soup

Introduction

Our Favorite Easy Chicken Taco Soup Recipe is the perfect comfort food that brings the flavors of Mexican cuisine right to your kitchen. This deliciously hearty soup combines tender chicken, black beans, and corn in a rich, flavorful broth, making it a satisfying meal for any occasion. Quick to prepare and customizable with your favorite toppings, this recipe is sure to become a family favorite.

Detailed Ingredients with Measures

1 Tbsp. vegetable oil

1 onion, diced

1 lb. chicken breast tenders

1/4 tsp. sea salt

1/8 tsp. black pepper

2 Tbsp. taco seasoning

24 oz. marinara sauce (not Italian or basil)

4 cups chicken broth (or bone broth or vegetable broth)

1 15-oz. can black beans (rinsed)

2 cups frozen corn

sliced green onions

shredded cheddar cheese

lime wedges

fresh cilantro

diced avocado

tortilla chips

Prep Time

15 minutes

Cook Time, Total Time, Yield

Cook Time: 30 minutes

Total Time: 45 minutes

Yield: 6 servings

Instructions

Begin by preparing your ingredients. Dice the onion and cut the chicken into 1-inch pieces.

Heat the vegetable oil in a soup pot or Dutch oven over medium-high heat. Add the diced onion and sauté for about 2-3 minutes until translucent.

Add the chicken to the pot, seasoning it with sea salt and black pepper. Cook for about 3-4 minutes until the chicken is no longer pink. Stir in the taco seasoning, ensuring the chicken is thoroughly coated.

Pour in the marinara sauce and chicken broth, bringing the mixture to a boil.

Once boiling, stir in the black beans and frozen corn. Reduce the heat to low and allow the soup to gently simmer for 20 minutes.

While the soup is simmering, prepare your toppings. Slice the green onions, cut the lime into wedges, chop the cilantro, dice the avocado, and shred the cheddar cheese.

Once the soup is ready, serve it hot with your choice of toppings, including green onions, cheese, lime wedges, cilantro, avocado, and tortilla chips for added crunch and flavor.

Detailed Directions and Instructions

Prep Ingredients

– Dice the onion into small pieces.

- Cut the chicken breast tenders into 1-inch pieces.

See also Gumbo Greens with Cabbage

Saute Onions

- Heat 1 tablespoon of vegetable oil in a soup pot or Dutch oven over medium-high heat.
- Add the diced onion to the pan and sauté for 2-3 minutes until softened.

Add Chicken

- Add the cut chicken to the pot.
- Season with 1/4 teaspoon sea salt and 1/8 teaspoon black pepper.
- Cook for about 3-4 minutes, stirring occasionally.

Incorporate Taco Seasoning

- Stir in 2 tablespoons of taco seasoning, ensuring that the chicken is well coated.

Add Sauces

- Pour in 24 ounces of marinara sauce (ensure it is not Italian or basil flavored) and 4 cups of chicken broth (or bone broth or vegetable broth).
- Bring the mixture to a boil.

Add Beans and Corn

- Stir in 1 can (15 oz.) of rinsed black beans and 2 cups of frozen corn.
- Lower the heat and let it gently simmer for 20 minutes.

Prep Toppings

- While the soup is simmering, prepare the toppings:
- Slice green onions.
- Cut lime into wedges.
- Chop fresh cilantro.
- Dice avocado.
- Shred cheddar cheese.

Serve the Soup

- Serve the soup in bowls and top with the prepared toppings as desired, including sliced green onions, lime wedges, fresh cilantro, diced avocado, shredded cheddar cheese, and tortilla chips.

Notes

Ingredient Substitutions

- You can replace chicken breast tenders with shredded rotisserie chicken for faster preparation.

Vegetarian Option

- For a vegetarian version, omit the chicken and use additional beans or vegetables instead.

Storage Instructions

- Store leftover soup in an airtight container in the refrigerator for up to 3 days.

See also [Oven Baked Bloomin' Apples](#)

Freezing Suggestions

- This soup can be frozen for up to 3 months. Thaw in the refrigerator before reheating.

Cooking Time

- The total cooking time for this soup is approximately 30-35 minutes.

Customization

- Feel free to adjust the spice level by adding jalapeños or hot sauce to the soup.

Cook techniques

Sautéing

Sautéing is used to cook the diced onion in vegetable oil until it becomes translucent and aromatic. This technique helps to build the flavor base of the soup.

Cutting Chicken

Cutting chicken breast tenders into 1-inch pieces ensures even cooking and allows the chicken to absorb flavors from the taco seasoning and other ingredients.

Seasoning

Seasoning the chicken with sea salt and black pepper enhances the overall taste of the dish. Taco seasoning adds specific flavors associated with Mexican cuisine.

Simmering

Simmering the soup after adding marinara sauce and chicken broth allows the flavors to meld together while cooking the ingredients evenly for about 20 minutes.

Preparing Toppings

Preparing toppings like sliced green onions, lime wedges, cilantro, diced avocado, and shredded cheese is an essential step that adds freshness and enhances the presentation of the soup.

FAQ

Can I use other types of chicken instead of chicken breast tenders?

Yes, you can use boneless chicken thighs or leftover cooked chicken. Just adjust the cooking time accordingly.

What type of broth is best for this recipe?

You can use chicken broth, bone broth, or vegetable broth based on your preference or dietary restrictions.

Is it necessary to rinse the black beans?

Rinsing the black beans removes excess sodium and helps improve the texture and overall taste of your soup.

See also [Baked Fruits with Oat Crumble](#)

Can I make this soup ahead of time?

Yes, the soup can be made in advance and stored in the refrigerator for

up to 3 days. Just reheat it before serving.

Are there vegetarian or vegan options for this recipe?

Absolutely! You can substitute chicken with tofu or tempeh and use vegetable broth along with additional vegetables for a plant-based version.

Conclusion

This Easy Chicken Taco Soup Recipe is a delightful and comforting dish that brings together a rich blend of flavors and textures. With tender chicken, hearty black beans, and sweet corn, it creates a satisfying meal that's perfect for any occasion. The array of toppings adds freshness and zing, making each bowl customizable and enjoyable. Whether you're serving it on a chilly evening or at a lively gathering, this soup is sure to satisfy your cravings and warm your soul.

Spicy Chicken Taco Soup

Add diced jalapeños or a splash of hot sauce to the soup for an extra kick. Adjust the amount according to your spice preference.

Vegetarian Taco Soup

Substitute the chicken with additional black beans and corn or use lentils for a protein-packed vegetarian version, keeping all the other ingredients the same.

Southwest Chicken Chowder

To create a chowder-like texture, blend a portion of the soup before serving and stir in some cream or coconut milk for richness.

Chicken Taco Soup with Quinoa

Incorporate cooked quinoa for added protein and a different texture, perfect for a hearty meal.

Grilled Chicken Taco Soup

For a smoky flavor, grill the chicken before dicing and adding it to the soup. This enhances the overall taste profile.

Taco Soup with Lime Coconut Rice

Serve the soup over a bowl of lime coconut rice for a tropical twist, using coconut milk and lime juice for flavoring the rice.