



# 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.