

Chicken Butternut Squash Soup

Makes 4-6 Servings

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1 Tablespoon vegetable oil
¾ pound boneless skinless chicken breast
1 small yellow onion, diced
1 clove garlic, minced
½ red bell pepper, seeded and diced
1 teaspoon dried oregano
½ teaspoon kosher salt
½ teaspoon cumin
¼ teaspoon black pepper
2 cups diced butternut squash
2 cups low-sodium chicken broth
1 cup canned diced tomatoes, undrained
1 cup canned black beans, drained
Optional Garnish: chopped fresh parsley

1. In a medium Dutch oven, heat oil over medium high heat. Add chicken; cook until browned on all sides. Add onion; cook until tender about 3 minutes. Add garlic; cook until fragrant, about 1 minute. Add bell pepper; cook until tender, about five minutes. Stir in oregano, cumin, salt and pepper. Add
2. Add squash, broth, and tomatoes; bring to a boil. Reduce heat to medium; add beans. Cover and simmer until chicken reaches an internal temperature of 165o, about 30 minutes.
3. Remove chicken from pan. Using two forks, shred chicken, and place back in soup. Garnish with parsley if desired.