

## Easy Mexican Chicken & Rice Soup with Blue Label Organic Herbs

### Ingredients

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- 2 tablespoons olive oil
- 1 medium onion, diced
- 1 sprig oregano
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 (15-ounce) can fire-roasted diced tomatoes, with juice
- 6 cups low-sodium chicken broth
- 10 ounces fresh or frozen corn kernels
- ⅓ cup long-grain white rice
- 3 cups cooked and shredded chicken
- cilantro, for garnish
- 1 to 2 limes, quartered, for garnish
- Corn or flour tortillas, to serve

### Directions

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**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. Stir in the salt and pepper.

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.

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.

Ladle the soup into bowls and serve hot with the cilantro and lime wedges on top, and warm tortillas on the side.



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