

## **Zadie's Mexican Soup—Low Fat and Low Sodium**

2 cans No Salt Added diced Tomatoes  
1 can No Salt Added Corn  
2 cans Green Chilies  
1 4oz. No Salt Added Tomato Sauce  
1 Onion-chopped  
1 pound cooked Ground Beef-drained well  
3 cups **Zadie's Mexican Beans** or  
(2 cans of LOW Sodium Beans)  
6 Tablespoons **Zadie's Mexican Seasoning**

Add all ingredients, except **Zadie's Mexican Seasoning**, together in a large pot. Heat over medium heat until beginning to boil. Continue to simmer 10 minutes. Add **Zadie's Mexican Seasoning**, and continue simmering an additional 10 minutes.

\*For an extra spicy add 2 tablespoons of chopped jalapenos.

## **Non-Fat/Low Sodium Zadie's Mexican Bean Dip**

3 Cups Cooked Beans Drained (Recipe Below)  
or 2 cans of LOW Sodium Beans  
3-4 Tablespoons **Zadie's Mexican Seasoning**

Place ingredients in a food processor to smooth and mix.

\*To make a creamier dip, mix in Non-Fat Sour Cream.

## **Non-Fat/Low Sodium Zadie's Mexican Beans**

1 lb beans (Pinto or Black)  
Water according to package directions  
1 small can green chilies  
3 Tablespoons **Zadie's Mexican Seasoning**

Mix beans and water. Cook until soft. Drain excess liquid from beans. Leave just enough to heat beans. Add chilies and **Zadie's Mexican Seasoning**. Heat beans to blend seasonings with beans, about 5 minutes.

## **Zadie's CrockPot Chicken Mexican Stew—** **Low Fat and Sodium**

- 1 ½ pounds Boneless Chicken Breasts  
    Cut In 1" pieces
- 1 Onion-chopped
- 1 Green Bell Peppers-chopped
- 1 1/2 cup Tomatoes-Chopped or  
    1 can No Salt Added Tomatoes
- 1 cup Celery-chopped
- 1 can No Salt Added Corn
- 1 can Low Sodium Chicken Broth
- 4 Tablespoons **Zadie's Mexican Seasoning**

Place onion in the bottom of a crockpot. Cover with chicken, vegetables, and broth. Sprinkle 2 Tablespoons **Zadie's Mexican Seasoning** over mixture. Cook on low 8-10 hours or on high 4-5 hours. Add remaining 2 Tablespoons **Zadie's Mexican Seasoning**. Stir to mix into soup. Serve.

## **Zadie's Baked Ranchero Chicken—** **Low Fat and Sodium**

- 4 Boneless-Skinless Chicken Breasts
- ½ Onion-chopped fine
- ½ Green Bell Pepper-chopped fine
- 1 cup No Salt Added Corn
- 1 can No Salt Added diced Tomatoes
- 1 can of LOW Sodium Beans
- 3 Tablespoons **Zadie's Mexican Seasoning**
- 4 ounces shredded cheese

Place chicken breasts in a baking dish. In a bowl mix all remaining ingredients, except cheese. Pour over chicken. Cover and bake at 350° for 30 minutes. Remove from oven, uncover and bake 10 additional minutes. Remove from oven, sprinkle shredded cheese over mixture. Return to oven until cheese is melted. Remove from oven, serve. Great with rice.

## **Zadie's Fresh Salsa--Non-Fat/Low Sodium**

- 1 large Tomato—chopped finely
- ½ Onion—chopped finely
- 2 Tablespoons Green Onion—chopped finely
- 1 Tablespoon **Zadie's Mexican Seasoning**

Mix all ingredients together in a bowl. Let set 1 hour to help blend flavors. Serve.