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Description

This creamy chicken and corn soup combines tender shredded chicken, sweet corn, zucchini, and a lightly creamy broth for a comforting bowl packed with savory flavor. Fresh cilantro and a squeeze of lime brighten every spoonful, while crumbled cheese adds a delicious salty finish.

With plenty of lean chicken, this is a high-protein soup that can fit into a balanced eating plan. Corn adds natural sweetness and carbohydrates, so this recipe is better described as moderate-carb rather than strictly low-carb.

Can This Creamy Chicken Corn Soup Support Weight Loss Goals?

Yes, this soup can fit into a weight-conscious meal plan because chicken provides substantial protein while vegetables add volume and flavor. A protein-rich meal can also be more satisfying than a meal based primarily on refined carbohydrates.

For a lighter version, use skinless chicken breast, reduced-fat dairy, and control the amount of cheese and cream added. The overall portion and your daily calorie intake remain more important than any single recipe.

Does Creamy Chicken Corn Soup Fit a High Protein Lifestyle?

Yes, this soup is particularly suitable for a high-protein lifestyle because shredded chicken provides the majority of its protein. Corn and zucchini add vegetables, fiber, and natural carbohydrates, while Greek yogurt or light cream creates the creamy texture. Depending on the ingredients used, one serving provides approximately 30 g of protein. Its net carbs are moderate because of the corn, so it is better suited to a high-protein balanced diet than a strict keto plan.

My Personal Experience

- The chicken makes every bowl satisfying.
Tender shredded chicken gives the soup a substantial texture and makes it feel like a complete meal rather than a light starter.
- The corn adds just the right sweetness.
Sweet corn balances the savory broth and creamy base without needing much added seasoning.
- Lime completely brightens the soup.
A squeeze of fresh lime cuts through the creaminess and gives the finished bowl a fresh, vibrant flavor.
- I love the combination of creamy and chunky textures.
The smooth broth contrasts beautifully with shredded chicken, whole corn kernels, and tender vegetables.
- Fresh cilantro makes it taste fresher.
Adding cilantro at the end gives the soup a fragrant herbal finish that pairs especially well with lime.

Perfect For:

- High-protein dinners: Chicken provides a substantial amount of protein in every serving.
- High-protein lunches: Easy to portion into containers for satisfying midday meals.
- Comfort food: The creamy broth makes this ideal for cozy evenings.
- Meal prep: The soup reheats well and can be portioned ahead of time.
- Balanced low-carb meals: Reduce the corn slightly if you want to lower the carbohydrate content.
- Cold-weather meals: A warm, creamy soup is especially comforting during fall and winter.
- Family dinners: The mild flavors can easily be adjusted with extra chili, lime, or herbs at the table.

Why You'll Love This Recipe

- Packed with protein
Shredded chicken turns this creamy soup into a filling meal rather than simply an appetizer.
- Creamy without being overly heavy
Greek yogurt or light cream provides richness while keeping the soup lighter than many traditional cream soups.
- Sweet and savory flavor combination
Corn brings natural sweetness that pairs beautifully with seasoned chicken and creamy broth.
- Fresh lime and cilantro finish
These fresh toppings keep the soup from tasting too rich and add a bright Southwestern-inspired character.
- Easy one-pot meal
Most of the recipe can be prepared in one large pot, making cleanup simple.

Common Mistakes to Avoid

1. Boiling the soup after adding Greek yogurt — High heat can cause yogurt to separate, so stir it in over low heat.
2. Overcooking the chicken — If using already-cooked chicken, add it toward the end so it stays tender.
3. Adding too much corn — Excess corn can make the soup overly sweet and significantly increase the carbohydrate content.

4. Skipping the lime at the end — The acidity helps balance the creamy broth and brings the flavors together.

Required Equipment

- Large Dutch oven or soup pot — Provides enough room for the chicken, vegetables, corn, and broth.
- Wooden spoon — Makes it easy to stir the soup without damaging the pot.
- Chef's knife — Quickly prepares the zucchini, onion, and other vegetables.
- Cutting board — Provides a stable surface for ingredient preparation.
- Measuring cups and spoons — Helps maintain consistent ingredient proportions.
- Ladle — Makes serving the hot soup easy and mess-free.

Storage Instructions

Allow the soup to cool slightly before transferring it to airtight glass or food-safe containers. Refrigerate within 2 hours and consume within 3–4 days.

For meal prep, divide the soup into individual portions so you only reheat what you need. Store cilantro, lime wedges, and additional cheese separately and add them just before serving.

The soup can be frozen for approximately 2–3 months, although dairy-based soups can sometimes change texture after thawing. For the best result, freeze the soup before adding Greek yogurt or cream, then add the dairy while gently reheating.

Recipe Details

- Preparation Time: 15 minutes
- Cooking Time: 25 minutes
- Total Time: 40 minutes
- Servings: 6
- Best Season: Fall & Winter
- Total Calories: Approximately 315 calories per serving

Calories are an approximate estimate and vary according to the chicken, dairy, cheese, and corn used.

Short 3-Line Description

Tender shredded chicken, sweet corn, zucchini, and creamy broth come together in this comforting soup.

Fresh lime and cilantro add a bright finish to every spoonful.

It's protein-rich, satisfying, and easy to adapt for a lower-carb lifestyle.

□ Ingredients

For the Soup

- 3 cups cooked shredded chicken breast — about 450 g
- 1½ cups corn kernels — fresh, frozen, or canned and drained
- 1 medium zucchini — about 200 g, diced
- ½ medium yellow onion — finely diced
- 2 cloves garlic — minced
- 4 cups low-sodium chicken broth — about 950 ml
- 1 cup plain Greek yogurt — preferably high-protein
- ½ cup milk — preferably unsweetened
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- ½ teaspoon smoked paprika
- ½ teaspoon chili powder
- ½ teaspoon black pepper
- ¼ teaspoon salt — adjust to taste
- ½ teaspoon dried oregano

For Serving

- ¼ cup fresh cilantro — chopped
- 1 lime — cut into wedges
- ⅓ cup crumbled feta or cotija cheese — optional
- ¼ teaspoon chili flakes — optional

High-protein note: Use plain Greek yogurt with a high protein content. If using regular yogurt, the protein content will be lower.

Directions

1. Prepare the vegetables — 5 minutes.
Dice the onion and zucchini, mince the garlic, and chop the cilantro. If using frozen corn, there is no need to fully thaw it.
2. Sauté the aromatics — 3 minutes.
Heat a large soup pot over medium heat and add olive oil. Add onion and cook for about 2 minutes, then add garlic and cook for another 30-60 seconds until fragrant.
3. Add the vegetables and seasonings — 2 minutes.
Stir in zucchini, cumin, smoked paprika, chili powder, oregano, black pepper, and salt. Cook for about 2 minutes, stirring frequently.
4. Add broth and corn — 10 minutes.
Pour in the chicken broth and add the corn. Increase to medium-high heat and bring the soup to a gentle simmer.
5. Simmer until tender — 8-10 minutes.
Reduce heat to medium-low and simmer until the zucchini is tender but still holds its shape. Avoid a hard boil.
6. Add the chicken — 3-4 minutes.
Stir in the shredded cooked chicken and allow it to warm through. The soup should look creamy and thick enough to lightly coat the chicken and vegetables.
7. Make it creamy — 2 minutes.
Reduce the heat to low. Whisk the Greek yogurt and milk together in a small bowl, then slowly stir the mixture into the soup. Do not boil after adding the yogurt.
8. Check the texture.
The finished soup should be creamy but still loose enough to ladle easily. If it becomes too thick, add a little extra broth.
9. Finish with fresh flavors.
Turn off the heat and stir in some fresh cilantro. Taste and adjust salt, pepper, cumin, or lime juice.
10. Serve immediately.
Ladle into bowls and top with fresh cilantro, crumbled feta or cotija, chili flakes, and a generous squeeze of lime.

High-protein cooking tip: Use chicken breast and high-protein Greek yogurt for the best protein-to-calorie ratio. Avoid replacing the chicken with mostly vegetables if your goal is to keep the meal protein-rich.

Nutrition Facts

Per Serving – Approximate

Estimated for 6 servings using skinless chicken breast, Greek yogurt, milk, corn, vegetables, and without optional cheese.

- Calories: ~315 kcal
- Fat: ~9 g
- Cholesterol: ~70 mg
- Sodium: ~520 mg
- Potassium: ~620 mg
- Total Carbohydrates: ~20 g
- Fiber: ~3 g
- Net Carbs: ~17 g
- Sugars: ~7 g
- Protein: ~31 g
- Calcium: ~105 mg

Actual nutrition values will vary according to the exact chicken portion, dairy products, broth, corn, and toppings used.

Notes

- Storage: Refrigerate leftovers in airtight containers for 3–4 days.
- Freezing: Freeze without the yogurt/cream for the best texture, then add the dairy when reheating.
- Reheating: Reheat gently over medium-low heat, stirring occasionally; avoid boiling.
- Allergy notes: The recipe contains dairy if made with Greek yogurt, milk, or cheese; use suitable dairy-free alternatives if necessary.
- Gluten-free: The basic ingredients are naturally gluten-free, but always check packaged broth and seasonings.
- Lower-carb option: Reduce the corn to $\frac{3}{4}$ cup and add extra zucchini, spinach, or cauliflower.
- Higher-protein option: Add another $\frac{1}{2}$ –1 cup of shredded chicken or use additional Greek yogurt.
- Flavor boost: Add jalapeño, roasted green chiles, smoked paprika, cumin, or extra fresh lime.

- Texture boost: Mash a small portion of the corn and zucchini into the broth for a thicker, naturally creamy texture without adding more cream.

Frequently Asked Questions

1. Is this chicken corn soup high in protein?

Yes, one serving provides approximately 31 g of protein, mainly from chicken and Greek yogurt.

2. Is chicken corn soup low carb?

It is relatively moderate in carbohydrates because of the corn, but reducing the corn can make it more suitable for a lower-carb eating plan.

3. Can I use rotisserie chicken?

Yes, shredded rotisserie chicken is a convenient substitute, although the sodium content may be higher.

4. Can I use frozen corn?

Yes, frozen corn works very well and can be added directly to the simmering soup.

5. Can I make this soup without dairy?

Yes, replace the Greek yogurt and milk with suitable unsweetened dairy-free alternatives, although the protein content may change.

6. How do I prevent the Greek yogurt from curdling?

Reduce the heat to low, mix the yogurt with milk first, and avoid boiling the soup after adding the dairy.