

Chicken Tortilla Soup

Yield: 4 servings

Ingredients:

½ onion, chopped

2 cloves garlic, minced

1 TBS olive oil

1 (10 ½ oz) no added salt tomatoes with green chilies, drained

1 (14 ½ oz) no added salt diced tomatoes, drained

3 cups low sodium chicken stock (look for those that are 140 mg of sodium per serving)

1 tsp chili powder

1 tsp cumin

1 cup corn, frozen

1 cup chicken, cooked, diced

Corn tortillas cut into 1" strips or buy lower sodium blue corn chips to sprinkle on top

½ cup cilantro, chopped

1 avocado

Directions:

1. In a large saucepan sauté onion and garlic in oil until onions are soft.
2. Add next 6 ingredients.
3. Heat to boil, reduce to simmer and simmer for 20-30 minutes.
4. Add chicken and continue to simmer until hot.
5. Bake tortilla pieces on cookie tray in oven @350 for 8-10 minutes.
6. Pour soup in bowls and top with tortilla pieces or 2-3 lower sodium blue tortilla chips, and chopped cilantro.

Nutrition Information: 1 serving = ~ 1 ½ cup per serving

Total Calories: 288, Total Fat: 13 g, Saturated Fat: 2 g, Total Carbohydrates: 35 g, Fiber: 8 g, Protein: 13 g, Sodium: 150-350 mg, Potassium: 681 mg.

