

# CHICKEN TORTILLA SOUP



INGREDIENTS    Serves: 6 | Serving Size: 1 1/2 cups



**low sodium  
chicken broth**  
2 cups



**low sodium cream  
of chicken soup**  
1 cup



**low sodium canned  
black beans**  
1 1/2 cups



**no salt added  
canned tomatoes**  
1 1/2 cups



**low sodium  
canned corn**  
1 1/2 cups



**low sodium  
canned chicken**  
10 ounces



**garlic powder**  
1 teaspoon



**cumin**  
1 teaspoon



**chili powder**  
2 teaspoons

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# INSTRUCTIONS

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## 1. HEAT LIQUIDS



Pour chicken broth and cream of chicken soup into a large pot over medium heat and bring to a simmer.

## 2. ADD VEGETABLES & CHICKEN



Add black beans, corn, tomatoes, chicken. Stir to combine.

## 3. ADD SPICES



Add garlic powder, cumin and chili powder and let simmer for 15 minutes.

## 4. SERVE WITH TOPPINGS



Serve with tortilla chips, rice or cornbread. Top with chopped avocado, shredded cheese, plain yogurt, cilantro, jalapeños or anything else you wish.

### NUTRITION INFORMATION

Calories: 200	Total Carbohydrate: 24g	Protein: 19g
Total Fat: 4g	Dietary Fiber: 6g	Sodium: 630mg

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