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 - 15 ounce can
- low sodium canned diced tomatoes: 1 - 14.5 ounce can
- low sodium canned corn: 1 - 15 ounce can
- low sodium canned chicken: 10 ounces
- garlic powder: 1 teaspoon
- cumin: 1 teaspoon
- chili powder: 1 teaspoon

lowcountryfoodbank.org/nutrition
INSTRUCTIONS

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

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Total Carbohydrate</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>200</td>
<td>24g</td>
<td>19g</td>
</tr>
<tr>
<td>Total Fat</td>
<td>4g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td></td>
<td>6g</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td></td>
<td></td>
<td>630mg</td>
</tr>
</tbody>
</table>

LOWCOUNTRY FOOD BANK

This material was funded by USDA’s Supplemental Nutrition Assistance Program—SNAP. This Institution is an equal opportunity provider.