

CHICKEN TORTILLA SOUP



INGREDIENTS Serves: 6 | Serving Size: 1½ 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

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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

Calories: 200

Total Carbohydrate: 24g

Protein: 19g

Total Fat: 4g

Dietary Fiber: 6g

Sodium: 630mg

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