


Chicken Tortilla Soup

Serves 4

Prep Time 15 minutes


Ingredients:

4 Corn tortillas, halved, then cut crosswise in narrow strips 

2 Cans (14.5 oz each) chicken broth

1 medium zucchini, cut in ¾-in. thick half-rounds

½ tsp each minced garlic and ground cumin

1 cup corn 

1 can (16oz) red kidney beans, rinsed

1 ½ cup large shredded cooked chicken

1 large ripe tomato, cut in 1-in. chunks

½ cup chopped cilantro

Directions:

1. Coat a 5 to 6 qt or Dutch oven with nonstick spray heat over medium heat. Add tortilla strips and cook 5 minutes, turning occasionally, until lightly toasted. Remove to a paper towel or plate.
2. Add broth, zucchini, garlic and cumin to pot; bring to a boil. Reduce heat, cover and simmer 3 minutes, or until zucchini is crisp-tender
3. Stir in tortilla strips, corn and beans; continue to simmer 2 minutes or until tortillas soften. Stir in remaining ingredients; heat through.

Per serving: 309 cal, 26 g protein, 36 g carb, 8 g fiber, 6 g fat (1 g sat fat) 47 mg chol, 730 mg sod.

Recipe adapted from Woman's Day Magazine

TREASURE BOX ITEMS= 

