

Chicken Tortilla Soup

6 Servings

What you need:

- 4 Corn Tortillas (6") cut in strips
- 2 1/2 Tbsp Canola Oil
- 1 1/2 cup Red or Green Salsa of choice
- 2 1/2 cans (10.75 oz) Low Sodium Chicken Broth
- 2 cups cooked Boneless Skinless Chicken Breast, cubed
- 1 cup Yellow Corn, canned or frozen, drained
- 1 cup Black Beans, canned, drained
- 1 medium Red Pepper, diced, sautéed
- 1 large Zucchini, halved lengthwise and cut in fours, sautéed
- Fat-free or reduced fat sour cream (optional)



All you do:

1. Cook Tortilla strips in hot Canola Oil until crisp. Set aside and drain on paper towel.
2. Combine Salsa and Chicken Broth in a large sauce-pan and bring to a boil over medium-high heat.
3. Reduce heat to medium; add Chicken Breast, Yellow Corn, Black Beans, Red Pepper (sautéed), and Zucchini (sautéed); heat all the way through.
4. Serve in bowls; top with Tortilla strips and a dollop of sour cream (optional)

Nutrition Information: Total Calories: 230 Protein: 20g Carbohydrate: 24g Total Fat: 6g Saturated Fat: 1g Fiber: 5g