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|  | **Ingredients** | **Step** |
| Chicken Enchilada Soup | 2 teaspoons  **oil**  1 cup  chopped **onion** (about 1 medium)  2 cloves  **garlic**, minced, or 1/2 teaspoon garlic powder  1 teaspoon  ground **cumin**  1 can  (16 ounces) **navy beans**  1 can  (28 ounces) diced **tomatoes**  2 cans  (14.5 ounces each) fat-free **chicken broth** (see notes)  1 can  (8 ounces) **tomato sauce**  2 cans  (4 ounces each) chopped **green chilies**  2 teaspoons  dried **oregano**  2 cups  chopped cooked **chicken**  1⁄2 cup  chopped fresh **cilantro**  1 cup  shredded **cheese**  10 thin corn **tortillas** |  Heat oil in a large pot. Add onion, garlic, and cumin, and sauté until onion is softened but not browned.   Drain and rinse beans. Add drained beans, tomatoes with liquid, and chicken broth. Heat to a boil. Reduce heat.   Stir in tomato sauce, chilies, oregano, and chicken. Simmer 15 minutes.   When ready to serve, stir in cilantro and 1 cup cheese until melted. Serve tortilla strips on the side as soup toppings.   Refrigerate leftovers within 2 hours |