tortilla soup  
  
1 tablespoon vegetable oil  
1 medium sized green pepper seeded and finely chopped  
1 small onion finely chopped  
1 jalapeno pepper seeded and finely chopped (optional)  
1 tablespoon chili powder  
5 cups low sodium chicken broth  
3 cups cooked shredded chicken   
1 can no salt added diced tomatoes  
1 can black beans drained and rinsed  
2 tablespoons lime juice  
3/4 tablespoon salt  
1 cup crumbled baked tortilla chips  
  
Heat oil in large saucepan over medium-high heat. Add green pepper, onion, and jalepeno to saucepan and cook, stirring often, for 7 minutes. Stir chili powder into pot and cook, stirring occasionally, for 1 minute  
  
Pour broth and 1 cup water into saucepan. Bring to a boil and reduce heat to medium; simmer for 10 minutes. Stir in chicken, tomatoes, beans, lime juice and salt. Cook for 5 minutes or until warmed through  
  
Serve with chips on top and enjoy :)