



Tortilla Soup

Serves 8 – 10

Ingredients:

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| 1 chicken breast or a 12-15 oz. can of chicken | 1 teas. cumin |
| 1 cup chopped onion (1 med.) | 1 teas. salt-free herb seasoning |
| 1 cup chopped green pepper (1 lg.) | 1 Tbsp. lemon or lime juice |
| 1 cup diced celery (2 large or 3-4 med. stalks) | ½ teas. salt (optional) |
| 4 cups chicken broth+
(save from cooking the chicken breast) | 2 cans diced tomatoes* |
| 2 Tbsp. of chili powder | 1 can corn* |
| 2 teas. garlic powder | 1 can black or kidney beans** (drained) |
| 1 Tbsp. dried or 3 Tbsp. fresh cilantro
(additional fresh cilantro for garnishing) | 5 – 6 whole wheat tortillas (8 in. size) |

1½ - 2 cups of plain Greek yogurt or low fat or fat free sour cream (optional, for topping)

1½ - 2 cups reduced fat grated cheese (optional, for topping)

+ If you use a dry soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount of soup base specified on the label's directions and eliminate the salt. Chill homemade broth and remove solid fat layer.

*14.5 oz., no added salt or low sodium; **15 or 15.5 oz, no added salt or low sodium

Directions: Cook chicken breast in 4 cups of water until cooked through and no pink remains. Reserve broth. Cool chicken and remove skin and bones. (If using canned chicken, skip the previous steps.) Shred or chop cooked chicken. Peel onion, rinse after peeling. Rinse green pepper, remove stem and seeds. Rinse celery. Chop raw vegetables. Add chopped vegetables to a large soup pot. Add the broth, chili powder, garlic, cilantro, cumin, Mrs. Dash, lemon or lime juice, salt, diced tomatoes, corn, black beans, and shredded or canned chicken. Heat until boiling, and then reduce heat to low. Simmer at least an hour for best flavor. Cut whole wheat tortillas into strips, about 2 inches long and ½ inch wide. Add to soup and simmer another 5 minutes. If desired, top bowls of soup with low fat sour cream or yogurt and reduced fat grated cheese. You may also serve with avocado slices and baked tortilla chips and garnish with fresh cilantro.

Substitutions: You may use 1 can diced tomatoes* and 1, 15 oz. can of tomato sauce in place of the 2 cans of diced tomatoes. You may also use 1½ - 2 lb. of diced fresh tomatoes (with juice) in place of the canned diced tomatoes. Cooked ground beef (rinsed after cooking to decrease grease) or boneless cooked turkey (no skin, remove underlying fat) may replace the chicken. To make a "Taco Twist Soup" replace the tortilla strips with 6 oz. (about 2½ cups) of uncooked whole wheat rotini. Cook the rotini according to package directions before adding it to the soup. Add more chili powder if you like it spicier.

Nutrition: This recipe provides protein, whole grains, vegetables, and dairy (with cheese and plain yogurt). It has reduced amounts of fat and sodium. To reduce the sodium further, eliminate the salt.

