



Chicken Tortilla Soup

8 Servings (1.25 cup/serving)
160 Cal, 23.4g Carbs, 3g Fat, 11g Pro

- 1 Tbs olive oil
- 1 cup chopped yellow onion
- 1 large jalapeno pepper, seeded and diced very small
- 4 garlic cloves, minced
- 32 ounces low-sodium chicken broth
- 2 - 14.5 oz cans fire-roasted diced tomatoes and juice
- 1 - 15 oz can black beans, rinsed and drained
- 2 cups shredded cooked chicken breast
- 1.5 cups corn (I used frozen)
- 1 Tbs lime juice
- 1 Tbs chili powder
- 2 tsp cumin
- 1 tsp salt, or to taste
- 1 tsp black pepper
- 1 tsp paprika
- 1/4 tsp cayenne pepper
- 1/3 cup fresh cilantro leaves, finely minced

Optional Toppings (additional 91 Cal, 6.4g Carb, 5.3g Fat, 5.1g Pro)

- 1 oz diced avocado
- 1 Tbs Great Value tri-color tortilla strips
- 1/8 cup fat free shredded cheddar cheese
- 1 oz non-fat plain Greek yogurt

In a large Dutch oven or stockpot, add 1 Tbs olive oil and heat over medium-high heat. Add the onion and jalapeno, and sauté for about 5 minutes, or until vegetables begin to soften, stirring occasionally. Add the garlic and sauté for 1 to 2 minutes, stirring occasionally. Add the chicken broth, tomatoes and juice, black beans, chicken, corn, lime juice, chili powder, cumin, salt, pepper, paprika, cayenne pepper, and bring to a boil. Allow mixture to boil

gently for about 5 to 7 minutes. If at any point the overall liquid level looks low or you prefer your soup to have more broth, add 1 to 2 cups of water or broth; you'll adjust the salt and seasoning levels at the end. Add the cilantro and boil 1 minute. Taste soup and add salt and/or other seasonings to taste. Ladle soup into bowls and add optional toppings.