

Chicken Tortilla Soup

Makes 6 Servings Estimated Cost per Serving: \$1.95

- 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 Low Sodium Chicken Broth (10.75 oz)
- 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
- Sour Cream, fat-free or reduced fat (optional)



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 (PER SERVING):

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

VEGETARIAN (EVEN FOR JUST THE DAY)?

1. Leave out the Chicken Breast and substitute Water for Chicken Broth.
2. Cook up a side of your favorite Whole Grain Rice and you've got lunch!

FOOD FOR THOUGHT:

Animal proteins are generally more complete than plant proteins. By combining proteins from legumes (black beans) and grains(rice), you create a complimentary protein that contains all the essential amino acids you need for growth and preservation of all the amazing functions your body has!

Recipe by Maria Roberts, student intern 1/08