

Chicken Tortilla Soup

Recipe © of guest contributor: Renee Clerkin, RD LDN

Servings: ~6

Ingredients:

- 8 oz boneless skinless chicken breast
- 4 cups low sodium vegetable broth
- 1 (14.5 ounce) can diced tomatoes
- 1 (4 ounce) can diced green chilies, or 3-4 mild chilies, seeded and diced
- 1 large onion, chopped
- 1 bell pepper, chopped
- 1.5 garlic cloves, minced
- 2 tablespoons ground cumin
- sea salt and pepper to taste
- 4 6-inch whole grain tortillas
- cooking spray
- 1/4 cup shredded cheddar cheese



Directions:

1. Place chicken breast and low sodium vegetable broth into a large saucepan and bring to a boil. Boil for about 8-10 minutes, until chicken is cooked through and no longer pink. Leave the vegetable broth in the saucepan and remove the cooked chicken and (after cooled) shred with a fork.
2. Return shredded chicken to saucepan and add diced tomatoes, chilies, onion, bell pepper, garlic, cumin, salt and pepper. Return the pot to a boil, then reduce to a simmer and cook uncovered for 30- to 40-minutes.
3. While the soup is simmering preheat oven to 375 degrees F. Cut the tortillas into thin ¼-inch strips and lay on a baking sheet sprayed with cooking spray. Season with sea salt and pepper and bake for 10-12 minutes, until lightly browned and crisp.
4. Serve warm soup topped with crisp tortilla strips and shredded cheese.

Nutrition:

 (Serving size: 1½ cups soup, 1-Tbl. cheese)

calories: 212 protein: 13.7g total carbohydrate: 25g total fat: 4.6g
sodium: 489mg dietary fiber: 4.3g saturated fat: 1.1g