



Terry's Terrific Tortilla Soup

Ingredients:

- 4 corn tortillas
- ½ cup onion, chopped
- ½ teaspoon minced garlic or ¼ teaspoon garlic powder
- 1½ cups boneless chicken breast, diced
- ¼ teaspoon chili powder
- ¼ teaspoon cumin
- 2 cans low sodium chicken broth
- 1 can (15 oz.) diced tomatoes, undrained
- 1 can (4 oz.) chopped green chilies, undrained
- ½ cup reduced fat cheddar cheese, shredded

YIELD: 4 servings (about 1 cup each)

Instructions:

- 1) Preheat oven to 400 °F. Cut tortillas into thin strips. Bake on lighted greased cookie sheet for 7-8 minutes or until crisp.
- 2) Meanwhile, chop onion and mince garlic if using fresh garlic. Dice chicken.
- 3) Heat a large pot (4 quart) over medium heat. Spray with cooking oil. Add chicken, cook and stir 3-4 minutes until cooked. Add onion, garlic, chili powder and cumin. Cook and stir 2 minutes.
- 4) Stir in broth, tomatoes, and chilies. Bring to a boil. Reduce heat and simmer for 10 minutes.
- 5) Shred cheese.
- 6) Place baked tortilla strips in a bowl.
- 7) Serve soup in bowls. Top with cheese.

Additions:

To spice up your tortilla soup with some traditional flavors, consider these additions:

- Slice one lime into thick wedges to serve with soup; juice can be squeezed into soup.
- Snip 4 teaspoons cilantro; add to soup when serving.
- Fresh hot peppers can be added to taste, such as Serano, Jalapeño, or Habanera.

Nutrition Analysis

Serving Size: 1 cup

Calories: 206

Total Fat: 4.8 g

Calories from Fat: 21%

Saturated Fat: 1.7 g

Trans Fat: 0.0 g

Total Carb: 23 g

Dietary Fiber: 4 g

Sodium: 460 mg

Protein: 20 g

Calcium: 153 mg

Iron: 2.4 mg

Recipe Source

Adapted by **Terry Egan**, Missoula City-County Health Department from Colleen Hueffed