



6-Can Chicken Tortilla Soup

Servings 6 | Prep time 5 mins | Total time 15 mins.

Equipment: Large pot with lid

Utensils: Stirring spoon, Measuring cups and spoons

Ingredients

- 1 15 ounce can no salt added corn, drained
- 2 14.5 ounce cans low sodium chicken broth
- 2 tablespoons reduced sodium taco seasoning (1/2 seasoning packet)
- 1 10 ounce can chicken (packed in water), drained
- 1 15 ounce can no salt added black beans, drained and rinsed
- 1 10 ounce can no salt diced tomatoes with green chilies, drained
- 6 handfuls of tortilla chips (about 7 chips per handful)
- 2/3 cups cheddar cheese, shredded

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and tops of cans.
2. In a large pot, combine corn, chicken broth, taco seasoning, chicken, black beans, and tomatoes.
3. Bring to a boil. Cover, reduce heat, and simmer for 5-8 minutes or until heated through.
4. Serve over tortilla chips and top with cheese.

Nutritional Information:

Calories 320 Total Fat 9g Sodium 690mg Total Carbs 40g Protein 22g