

Recipe for

Low-Cal Chicken Tortilla Soup



INGREDIENTS

1 tbsp extra virgin olive oil
2 large bell peppers (any color)
2 small onions
2 cloves garlic, minced
6 c. low sodium chicken broth
4 cups water
2 - 10 oz cans Rotel tomatoes with habaneros
1 - 4 oz can diced green chiles
3 tbsp tomato paste
2 lbs. cooked shredded chicken breast
2 - 15 oz cans cannelloni beans (drained)
3 tsp cumin
2 tsp garlic powder
Salt to taste (up to 2 tsp)
1 jalapeño pepper
Yellow corn tortillas



NUMBER OF SERVINGS: 24

SERVING SIZE: 1 CUP

CALORIES PER SERVING: 110

DIRECTIONS

1. Heat a large pot and then add olive oil. Dice bell peppers and onions and saute in the oil on medium high heat until soft. Add minced garlic.
2. Add to pot chicken broth, water, Rotel, green chilies, and tomato paste. Stir.
3. Bring to a boil, then reduce heat and simmer for 30 minutes or so.
4. Add cooked chicken breast, cumin, garlic powder and salt to taste.
5. Simmer for 10 minutes, then add cannelloni beans.
6. While soup is simmering, cut corn tortillas in small strips, and spread them out on a cookie sheet. Spray with cooking spray, then sprinkle with cumin and chili powder (or taco seasoning) and bake at 375 degrees until golden brown and crispy.
7. Serve soup with crisp tortilla strips and fresh jalapeño slices.