





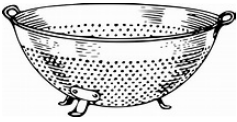
Easy Chicken Tortilla Soup

Serves 4-6 (1 cup each)

Nutrients Per Serving:

320 Calories | 10g Fat (1.5g Saturated) | 33g Carbohydrates | 0g Added Sugar | 25g Protein | 870mg Sodium | 8g Fiber

Equipment Needed

 <p>Electric skillet or 4 qt. pan for stove</p>	 <p>Dry measuring cups & spoons</p>	 <p>Can opener</p>	 <p>Mixing Spoon</p>	 <p>Strainer</p>
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Ingredients Needed

Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.

 <p>1 Tablespoon olive oil</p>	 <p>1/2 cup frozen or fresh chopped onion</p>	 <p>1 (12 oz) canned chunk chicken breast in water</p>	 <p>1 (14.5 oz) can black beans, drained</p>	 <p>1 (15 oz) can corn, drained</p>
 <p>1/4 teaspoon ground cumin</p>	 <p>1 teaspoon chili powder</p>	 <p>1/2 tsp garlic powder</p>	 <p>1 (12 oz) jar of salsa</p>	 <p>1 quart low-sodium chicken broth</p>

Recipe continued on back page.

Directions

(Tbsp = tablespoon, tsp = teaspoon)

1



Wash hands.

2



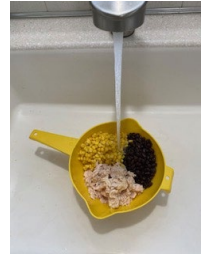
Heat 1 Tbsp olive oil in pan, then add 1/2 cup chopped onion. Cook until softened.

3



To the pan add 1/2 tsp garlic powder, 1/4 tsp ground cumin, and 1 tsp chili powder. Stir until mixed.

4



Drain and rinse 1 can of chunk chicken, 1 can of corn, and 1 can of black beans.

5



To the pan add 1 can chunk chicken, 1 can corn kernels, 1 can black beans, 1 jar of salsa, and 1 qt chicken broth. Stir to combine.

6



Bring soup to a boil. Reduce heat to low and simmer for 20 to 30 min.

7



If desired serve with tortilla chips, shredded cheese, sour cream, or avocado.

Enjoy!