

Chicken Tortilla Soup

Ingredients

4 corn tortillas cut in strips	1 cup yellow corn, drained
2 1/2 tablespoons canola oil	1 cup black beans, canned, drained & rinsed
1 1/2 cup red or green salsa	1 red pepper, diced, sautéed
2 1/2 (10.75 ounce) cans chicken broth	1 large zucchini, cut length- wise and in fours, sautéed
2 cups cooked chicken breast, cubed	sour cream (optional)



Directions

1. Cook tortilla strips in hot canola oil until crisp. Set aside and drain on paper towel.
2. Combine salsa and chicken broth in a large sauce-pan and bring to a boil over medium-high heat.
3. Reduce heat to medium; add chicken breast, corn, black beans, red pepper (sautéed), and zucchini (sautéed); heat all the way through.

Makes 6 servings

Nutrition information per serving:

*Calories 230, Protein 20g,
Carbohydrate, 24g, Total Fat 6g,
Saturated Fat 1g, Fiber: 5g*