Six Can Chicken Tortilla Soup

6 servings

Adding vegetables to soups can be an easy way to use up canned and frozen vegetables and incorporate more into your diet.

1. Wash hands with soap and water.
2. In a large saucepan, combine corn, chicken broth, chicken, black beans, and tomatoes.
3. Bring to a boil. Cover, reduce heat, and simmer until heated through.
4. Serve over tortilla chips and top with a little cheese.
5. Store leftovers in a sealed container in the refrigerator for up to 4 days.

Nutrition Information per Serving: (1/6 of recipe) Calories 410, Total Fat 16 g (24% DV), Saturated Fat 4 g (19% DV), Cholesterol 30 mg (11% DV), Sodium 1170 mg (49% DV), Total Carbohydrate 50 g (17% DV), Dietary Fiber 8 g (31% DV), Sugars 6 g, Protein 24 g, Vitamin A 8%, Vitamin C 20%, Calcium 15%, Iron 20%.

1 (15 ounce) can corn, drained 6 ounces tortilla chips
2 (14.5 ounce) cans chicken broth, low sodium 3 ounces low-fat Cheddar cheese, shredded
1 (10 ounce) can chicken, drained
1 (15 ounce) can black beans, drained and rinsed
1 (10 ounce) can diced tomatoes with green chilies, drained

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