

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.



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| 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 | |

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.

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%.