

Tortilla Soup

Nutrition Message: This recipe is an excellent source of fiber, vitamins A and C, and a good source of calcium and iron, which may help protect you against some diseases, keeps eyes and skin healthy, gums, blood vessels healthy, bones and teeth strong, and carries oxygen in our blood.

Ingredients:

- ½ pound chicken (or turkey) breast, cubed
- 2 Tablespoons canola oil
- 1 cup diced onion
- 1 cup chopped red pepper
- 1 clove garlic, minced (1 ½ teaspoon)
- 1 Tablespoon canned chipotle peppers, diced
- 1 ½ cups low-sodium tomato sauce
- ¾ cup diced low-sodium tomatoes
- 2 cups low-sodium chicken broth
- 1 cup frozen corn
- 3 ½ cups (1 pound) butternut squash, peeled and cut in 1" cubes
- 1 ½ cups canned black beans, rinsed and drained
- ¾ cup sliced and halved zucchini and yellow squash (3 oz.)
- 3 Tablespoons chopped parsley
- 2 teaspoons chili powder
- 2 teaspoons cumin
- 9 6" corn tortillas, extra thin
- 2/3 cup (2.5 ounces) grated Mexican-blend cheese (4-cheese)

Directions:

1. Dice chicken into ½" cubes.
2. Heat oil in a large pot on medium heat and sauté chicken until cooked.
3. To the cooked chicken, add onions, red pepper, garlic and the diced chipotle pepper.
4. Puree the diced tomatoes with the tomato sauce until smooth, if desired.
5. Add tomato sauce, pureed diced tomatoes, chicken broth, corn and rinsed and drained black beans. Bring to a slow boil.
6. Once the soup has come to a boil add the zucchini and the herbs and spices. Continue to simmer for 10-15 minutes.
7. Pre-heat oven to 350°F.
8. Cut corn tortillas in ½" strips and place on a cookie sheet. Bake 10 minutes or until crispy.
9. Top each soup with about 1 corn tortilla and 2 teaspoons of Mexican-blend cheese.

Tips:

- Substitute low-sodium canned corn, drained, for frozen corn.
- Substitute tostada shells for tortillas. Do not pre-heat oven or bake, just break apart.

Nutrition Facts	
Serving Size 1 cup (374g)	
Servings Per Container 8	
Amount Per Serving	
Calories 270	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 250mg	10%
Total Carbohydrate 39g	13%
Dietary Fiber 8g	32%
Sugars 6g	
Protein 15g	
Vitamin A 150%	Vitamin C 90%
Calcium 15%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Yield: 8 servings