

# Spicy Tortilla Soup

## What You'll Need

12 ounces skinless boneless chicken breast, diced

2 14.5-ounce cans low-salt chicken broth

2 cups water

3/4 cup stewed tomatoes

2 cloves of garlic, minced

1/4 teaspoon ground cumin

1/8 teaspoon dried crushed red pepper

1 large onion, diced

3 tablespoons lime juice

1 tablespoon cilantro, finely chopped

12 tortilla chips, crumbled

cooking spray

Serves 4

## Let's Cook!

- 1 Spray a pan with cooking spray and sauté chicken on medium heat for 10-15 minutes until a meat thermometer reaches 165 degrees.
- 2 In another large pan, combine the chicken broth, water, stewed tomatoes, garlic, ground cumin and onion and bring to a boil.
- 3 Reduce heat to low and cook for 5 minutes.
- 4 Add lime juice, red pepper and cilantro.
- 5 Serve in bowls, add salt and pepper to taste. Garnish with crumbled tortilla chips.

## Nutrition Facts

Serving Size (534g)

Servings Per Container 4

Amount Per Serving

Calories 230    Calories from Fat 50

% Daily Value\*

Total Fat 5g    8%

Saturated Fat 1g    5%

Trans Fat 0g

Cholesterol 50mg    17%

Sodium 290mg    12%

Total Carbohydrate 20g    7%

Dietary Fiber 1g    4%

Sugars 3g

Protein 26g

Vitamin A 2%    • Vitamin C 20%

Calcium 6%    • Iron 8%

