



Cheesy Chicken Tortilla Soup

Prep: 45 minutes

Slow Cook: 4 hours • Serves: 8

- 1½ pounds boneless, skinless chicken breasts, cut into 1-inch pieces
- 2 cans (14 ounces each) less-sodium chicken broth
- 1 can (10.75 ounces) tomato purée
- 1 can (10 ounces) diced tomatoes with green chiles
- 2 garlic cloves, minced
- 1 bay leaf
- 1 large yellow onion, diced
- 2 cups frozen corn
- 3 tablespoons fresh lime juice
- 2 teaspoons ground cumin
- 1 teaspoon chili powder
- 1 teaspoon kosher salt
- ¼ teaspoon ground black pepper
- ⅛ teaspoon cayenne pepper
- 5 (6-inch) soft corn tortillas
- 2 cups shredded Mexican cheese blend
- Chopped fresh cilantro leaves for garnish
- Yellow or blue corn tortilla chips for garnish (optional)

1. In 4-quart slow cooker, combine all ingredients except tortillas, cheese, cilantro and chips. Cover and cook on high 4 hours, stirring occasionally. Remove and discard bay leaf.

2. Meanwhile, preheat oven to 375°. Stack tortillas and use a pizza wheel to cut into ½-inch strips. Place strips on rimmed baking pan. Bake 5 minutes; stir strips and bake 5 minutes longer or until crisp. Ladle soup into bowls. Sprinkle each with cheese and tortilla strips. Serve garnished with cilantro along with tortilla chips, if desired.

Approximate nutritional values per serving (without yellow or blue corn chips): 310 Calories, 15g Fat (5g Saturated), 80mg Cholesterol, 662mg Sodium, 25g Carbohydrates, 3g Fiber, 23g Protein

Dietitian's Dish

> Add some beans to your favorite soups. They're a low-fat source of protein and fiber, full of powerhouse nutrients like iron, potassium and folate. Legume plants promote sustainable agriculture – helping decrease greenhouse gases, increasing soil health, and using less water than other types of crops.