

# Chicken Tortilla Soup



YIELD **4** SERVINGS

Serving Size: 1 1/4 cups

## NUTRITION FACTS PER SERVING

Calories:	168	Cholesterol:	38 mg
Carbs:	15 g	Protein:	19 g
Fiber:	3 g	Sodium:	288 mg
Fat:	4.5 g		
Saturated Fat:	1 g		

## INGREDIENTS

- Cooking spray
- 2 6-inch corn tortillas, halved, cut into 1/4-inch-wide strips
- 2 cups fat-free, low-sodium chicken broth
- 2 cups water
- 8 oz. canned, no-salt-added tomato sauce
- 6 oz. cubed, skinless grilled chicken breast, cooked without salt, all visible fat discarded
- 1 small yellow summer squash (about 4 ounces), diced
- 1 small zucchini (about 4 ounces), diced
- 1/2 cup frozen corn
- 1 tsp. salt-free, all-purpose seasoning blend
- 1 tsp. chili powder
- 1 tsp. onion powder
- 1 tsp. olive oil
- 1/2 tsp. ground cumin
- 1/4 tsp. dried oregano (crumbled)
- 1/4 tsp. salt
- 1/4 cup shredded, low-fat cheddar cheese

## DIRECTIONS

1. Preheat the oven to 350°F. Lightly spray a baking sheet with cooking spray. Arrange the tortilla strips in a single layer on the baking sheet. Lightly spray with cooking spray.
2. Bake for 10 minutes, or until crisp.
3. Meanwhile, in a medium saucepan, bring the remaining ingredients except the Cheddar to a simmer over medium-high heat. Reduce the heat and simmer, covered, for about 15 minutes. Just before serving, sprinkle the soup with the tortilla strips and Cheddar.



Jefferson County  
Health Center