



RECIPE OF THE WEEK

CHICKEN TORTILLA SOUP

- 1 teaspoon olive oil
- 1 cup chopped onion
- 2 garlic cloves, minced
- 2 cups shredded, cooked chicken breast (about 10 oz.)
- 1 cup frozen whole-kernel corn
- 1/4 cup dry white wine
- 1 tablespoon seeded, chopped jalapeno pepper
- 1 teaspoon ground cumin
- 1 teaspoon low-sodium Worcestershire Sauce
(Angostura is a good brand)
- 1/2 teaspoon chili powder
- 2 cans (14 1/4 oz.) no-salt-added chicken broth
- 1 can (14.5 oz.) no added salt, peeled, diced tomatoes, undrained
- 1 can (10 3/4 oz.) condensed reduced-fat, reduced-sodium tomato soup
- 1 cup crushed unsalted, baked tortilla chips (about 16)
- 1/2 cup fat-free sour cream



Heat oil in a large pot over medium-high heat. Add onion and garlic; sauté 2 minutes. Stir in chicken and next 9 ingredients (corn through tomato soup); bring to a boil. Reduce heat and simmer 1 hour. Ladle soup into bowls; top with tortilla chips and sour cream.

Yield: 8 one-cup servings

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Nutritional Breakdown Per Serving (1 cup soup with 2 tablespoons chips and 1 tablespoon sour cream):

- 166 calories
- 17 grams carbohydrate
- 14 grams protein
- 3.9 grams fat
- 2 grams fiber
- 241 mg. sodium
- 30 mg. cholesterol