



Try it “Tuesdays”



Nutrition information per serving:

Calories	390
Carbohydrate	32 g
Dietary Fiber	9 g
Protein	41 g
Total Fat	12 g
Saturated Fat	2.5 g
Trans Fat	0 g
Cholesterol	90 mg
Sodium	600 mg

Tortilla Soup

Makes: 4 servings, 2 cups per serving

Preparation Time: 10 Minutes

Cooking Time: 30 minutes



Ingredients

- Nonstick cooking spray
- 1 1/2 cups chopped onion
- 3 1/2 cups canned reduced sodium chicken broth
- 1 1/4 pounds bone-in chicken breasts, skin removed
- 1 cup diced, peeled chayote squash
- 3/4 cup canned low sodium pinto beans, rinsed and drained
- 1 tablespoon chili powder
- 1/2 teaspoon garlic powder
- 4 (6-inch) corn tortillas, cut into strips, baked until crisp
- 1 avocado, peeled, pitted, and sliced

Directions

Spray a large saucepan with nonstick cooking spray. Add onion and cook over medium-high heat for 5 minutes to brown, stirring occasionally. Add broth and cover saucepan; increase heat to high. When broth starts to boil, add chicken, squash, beans, chili powder, and garlic powder. Bring to a boil again; lower heat and simmer for 20 minutes. Remove chicken from soup and let cool slightly. Shred into small pieces. Add shredded chicken back to soup. Pour soup into bowls and top with tortilla pieces and avocado. Serve immediately.

For more information, Contact your local EFNEP office

