

## Chicken Tortilla Soup

Prep: 15 minutes

Cook: 45-60 minutes

1 tsp olive oil  
1 cup chopped onion  
2 cloves garlic, minced  
2 cups (about 10 oz) shredded cooked chicken breast (such as Sam's)  
1 cup frozen whole kernel corn  
¼ cup dry white wine  
1 chopped seeded jalapeño pepper  
1 tsp ground cumin  
2 tsp Worcestershire sauce  
1 carton organic chicken broth (or low sodium)  
1 (14.5 oz.) can diced tomatoes, undrained  
1 (10 ¾ oz) can Campbell's Healthy Request tomato soup

Topping: (optional)

Crushed unsalted baked tortilla chips (or Blue Corn)

Dollop of fat free sour cream

Fresh lime wedge

1. Heat oil in Dutch oven over medium heat. Add onion and garlic; sauté 2 minutes. Stir in chicken and next 9 ingredients; bring to a boil. Reduce heat and simmer for 45 minutes.
2. Ladle soup into bowls; top with crushed tortilla chips and sour cream. Squeeze juice from a lime wedge into each bowl of soup before serving, if desired. Yield: 8 servings (Serving size: 1 cup soup, 2 tbs. chips, & 1 tbs. sour cream)

Calories: 179 (15% from fat); Fat 3g (sat 0.4g; mono 0.9g; poly 0.6g); Protein 13.6g; CARB 23.7g FIBER 2.7g; CHOL 26mg; Sodium 492mg; Calc 69mg

Optional add-ins: 2 tsp chopped Cilantro; 1 can organic black beans, drained and rinsed; 1 diced avocado (last 10-15 minutes)

Courtesy of Suzanne Cook