Six Can Chicken Tortilla Soup

Serves 6

This recipe can be made in a crock pot or slow cooker as suggested, or can be made in a large stew pot on the stove. Fresh, frozen or canned vegetables may be used.

- 1 (15-ounce) can corn, drained
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (10-ounce) can diced tomatoes with green chili peppers, drained
- 2 (14.5-ounce) can chicken broth
- 1 (10-ounce) can chunk chicken, or leftover cooked chicken or turkey
- Tortilla chips for garnish (optional)

1. Put all ingredients into a pot. Heat until boiling.

2. Reduce heat to a simmer for 5 to 10 minutes, or until everything is heated through. Serve with a few tortilla chips on top. Enjoy!

Nutrition information not available

Healthy Tip

Know your beans!
Compare labels of the same type of bean but different brands. You will be surprised to see the difference: as little as 26mg sodium per serving in one brand and as much as 320mg in another.

Serve with baked tortilla chips and shredded cheese. Top with a spoonful of low-fat sour cream or plain yogurt.