

# 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.