



Chicken Enchilada Soup

Prep: 20 minutes

Cook: 25 minutes • Serves: 8

- 2 tablespoons vegetable oil
- ½ medium yellow onion, diced
- 1 garlic clove, minced
- 1 teaspoon ground cumin
- ¾ teaspoon ground coriander
- ¼ teaspoon salt
- 1 container (32 ounces) less-sodium chicken broth
- 1 can (14.5 ounces) diced tomatoes, drained
- 1 can (10 ounces) enchilada sauce
- 1 can (4 ounces) diced mild green chiles
- 1 can (15 ounces) black beans, drained
- 8 (6-inch) corn tortillas, cut into ½-inch pieces, pieces separated
- ¾ cups shredded boneless, skinless cooked chicken or rotisserie chicken meat
- 1½ cups shredded Cheddar cheese
- 2 tablespoons fresh lime juice
- 2 teaspoons hot sauce
- Sliced avocado, crushed tortilla chips or strips, sliced black olives, sliced green onions, sliced jalapeño and fresh cilantro sprigs for garnish (optional)

1. In large saucepot, heat oil over medium-high heat. Add onion and garlic; cook 3 to 4 minutes or until onion is soft, stirring occasionally. Stir in cumin, coriander and salt; cook 2 minutes, stirring occasionally.

2. Add broth, tomatoes, enchilada sauce and green chiles; heat to boiling. Reduce heat to medium-low; add beans and tortillas and cook, covered, 8 to 10 minutes or until tortillas begin to soften and soup thickens, stirring occasionally. Add chicken and cook, uncovered, 4 to 5 minutes or until heated through, stirring occasionally. Remove from heat; stir in cheese, lime juice and hot sauce. Makes about 10 cups.

3. Serve soup topped with garnishes, if desired.

Approximate nutritional values per serving:

370 Calories, 15g Fat (6g Saturated), 80mg Cholesterol, 1280mg Sodium, 29g Carbohydrates, 4g Fiber, 28g Protein