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# TORTILLA SOUP

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8	Corn tortillas, halved and thinly sliced
	Canola or olive oil cooking spray
1 tablespoon	Canola oil
3	Anaheim or poblano peppers, diced
1 medium	Onion, diced
1 teaspoon	Ground cumin
1 pound	Boneless, skinless chicken thighs, trimmed and cut into 1-inch pieces
4 cups	Reduced-sodium chicken broth
1 14-ounce can	Diced tomatoes (even better with green chiles mixed in)
2 tablespoons	Lime juice
1/2 cup	Shredded 2% Cheddar cheese
1/4 cup	Fresh cilantro, chopped

- Preheat oven to 400°F.
- Spread tortilla strips in an even layer on a baking sheet and coat with cooking spray. Bake until browned and crispy, 12 to 15 minutes.
- Meanwhile, heat oil in a large saucepan over medium heat.
- Add peppers and onion and cook, stirring, until the onion begins to soften, 3 to 5 minutes.
- Add cumin and cook, stirring, for 1 minute.
- Add chicken, broth, tomatoes and their juice.
- Bring to a boil, reduce heat and simmer until the chicken is cooked through, 12 to 15 minutes. Remove from the heat and stir in lime juice.
- Serve each portion topped with some of the baked tortilla strips, cheddar cheese and cilantro.

**Serves 6**

**Nutrition per serving:** 288 Calories; 25g Carbohydrates; 12g Fat, 20g Protein, 483mg sodium