



UW

EXTENSION

NUTRITION & FOOD SAFETY

RECIPE OF THE MONTH

December



Smoky Chicken Tortilla Soup

INGREDIENTS

- 1 tablespoon canola oil
- 1 cup chopped onion
- 1 teaspoon ground cumin
- 1 carton (32 ounce) reduced-sodium chicken broth
- 2 - 14½ ounce cans fire-roasted diced tomatoes, undrained
- 1½ cups coarsely shredded cooked chicken breast
- 1½ cups frozen whole kernel corn
- 2 - 4 ounce cans diced green chile peppers, undrained
- 2 cups coarsely crushed tortilla chips
- ½ cup snipped fresh cilantro
- ½ cup shredded Monterey Jack cheese (optional)
- Lime wedges (optional)

DIRECTIONS

1. In a 4-quart Dutch oven heat oil over medium heat. Add onion and cumin; cook about 5 minutes or until onion is tender, stirring frequently. Add broth, tomatoes, chicken, corn, and chile peppers. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes.
2. To serve, divide crushed tortilla chips among soup bowls. Ladle soup into bowls over chips. Top with cilantro. If desired, sprinkle with cheese and serve with lime wedges.

(Recipe source: <http://www.bhg.com/recipe/smoky-chicken-tortilla-soup>)



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| Nutrition Facts | |
|-------------------------------|----------------------|
| Serving Size: (0.0g) | |
| Servings Per Container: 6 | |
| Amount Per Serving | |
| Calories 260 | Calories from Fat 50 |
| % Daily Value* | |
| Total Fat 5g | 8% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 40mg | 13% |
| Sodium 550mg | 23% |
| Total Carbohydrate 37g | 12% |
| Dietary Fiber 5g | 20% |
| Sugars 8g | |
| Protein 17g | |
| Vitamin A 15% | • Vitamin C 25% |
| Calcium 15% | • Iron 8% |

* Percent Daily Values are based on a 2,000 calorie diet.