

Chicken Tortilla Soup IV

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Servings: 8

*2 cans (16 ounce ea) pinto beans
2 pounds chicken, cooked &
shredded
1 can (15 ounce) whole tomatoes,
mashed & undrained
1 can (10 ounce) enchilada sauce
1 medium onion, chopped
1 can (4 ounce) green chilies, diced
2 cloves garlic, chopped
8 cups chicken broth
1 package (1.25 ounce) original taco
seasoning
1 package (10 ounce) frozen corn
2 tablespoons fresh cilantro, chopped
tortilla chips*

Preparation Time: 15 minutes

Cook Time: 30 minutes

In a large five-quart stock pot, combine the pinto beans, chicken, tomatoes, enchilada sauce, onion, green chilies, garlic, broth, taco seasoning and corn.

Bring to a boil. Reduce the heat to medium-low. Simmer for 30 minutes or until the onions are translucent and the flavors are blended.

Serve with the cilantro and tortilla chips.

An alternative cooking method is to place the ingredients in a slow cooker, cover, and cook for three to four hours on LOW heat.

Per Serving (excluding unknown items): 433 Calories; 18g Fat (37.6% calories from fat); 30g Protein; 37g Carbohydrate; 13g Dietary Fiber; 84mg Cholesterol; 860mg Sodium. Exchanges: 2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 2 Fat.