
Spicy Tortilla Soup

The Essential Southern Living Cookbook

Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 40 minutes

2 cans (14-1/2 ounce ea) chicken broth
1 can (14-1/2 ounce) Cajun-style stewed tomatoes
3 tablespoons fresh lemon juice
3 cloves garlic, minced
2 teaspoons chili powder
1/2 teaspoon ground cumin
1/4 teaspoon cayenne pepper
1 1/2 cups cooked chicken, chopped
1 cup frozen corn kernels
1 can (15 ounce) black beans, rinsed and drained
2 tablespoons half-and-half
1 scallion, thinly sliced
tortilla chips
4 ounces (1 cup) shredded Mexican four cheese blend (optional)
sliced scallions (optional)

In a large saucepan, combine the chicken broth, stewed tomatoes, lemon juice, cloves, chili powder, cumin and cayenne. Bring to a boil.

Reduce the heat. Add the chicken, corn, black beans, half-and-half and sliced scallion. Simmer for 20 minutes.

Serve with tortilla chips and, if desired, cheese and additional scallions.

Soup, Stew and Chili

Per Serving (excluding unknown items): 333 Calories; 4g Fat (11.5% calories from fat); 31g Protein; 44g Carbohydrate; 10g Dietary Fiber; 45mg Cholesterol; 507mg Sodium. Exchanges: 2 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat.