



# Chicken Tortilla Soup

Makes 7, 1½ cup servings

## Ingredients:

- 1 15 oz. can red or black beans, drained and rinsed
- 1 10.5 oz. can tomatoes with green chilies
- 1 16 oz. can creamed corn
- 1 15.25 oz. can corn, drained
- 1 15 oz. can diced tomatoes with garlic and onion
- 1 14.5 oz can low sodium chicken broth
- 1 6 oz. can chicken breast, drained
- 7 tablespoons Pepper Jack cheese, shredded
- Tortilla chips

Directions: Remember to Wash Your Hands!

1. Combine all canned ingredients in saucepan and simmer.
2. Serve and garnish with Pepper Jack cheese and tortilla chips.

Note: To reduce sodium, substitute frozen or fresh ingredients for canned vegetables, chicken or broth.

Nutrition Facts	
Serving Size about 1 1/2 cups (402g)	
Servings Per Container 7	
Amount Per Serving	
<b>Calories 310</b>	<b>Calories from Fat 120</b>
% Daily Value*	
<b>Total Fat 13g</b>	<b>20%</b>
<b>Saturated Fat 6g</b>	<b>29%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 1370mg</b>	<b>57%</b>
<b>Total Carbohydrate 37g</b>	<b>12%</b>
<b>Dietary Fiber 6g</b>	<b>23%</b>
<b>Sugars 7g</b>	
<b>Protein 18g</b>	
<b>Vitamin A 15%</b>	<b>Vitamin C 35%</b>
<b>Calcium 20%</b>	<b>Iron 10%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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