

Southwest Chicken Soup with Baked Tortilla Strips

Soup of the Month – October 2012



Veggies are on! Eating soups and stews is an easy and nutritious way to add more vegetables to your day!

Prep Time: 15 Min

Start to Finish: 7 Hr. 45 Min

Makes: 6 servings

INGREDIENTS

Soup

- 1 lb. boneless skinless chicken thighs, cut into 1-inch pieces
- 2 medium dark-orange sweet potatoes, peeled, cut into 1-inch pieces (2 cups)
- 1 large onion, chopped (1 cup)
- 2 cans (14.5 oz. each) Fire roasted diced tomatoes with green chilies, un-drained
- 1 can (14 oz.) reduced-sodium chicken broth
- 1 teaspoon dried oregano leaves
- 1/2 teaspoon ground cumin
- 1 cup Frozen whole kernel corn
- 1/2 cup chopped green bell pepper
- 2 tablespoons chopped fresh cilantro

Baked Tortilla Strips

- 8 yellow or blue corn tortillas (5 or 6 inch)

DIRECTIONS

1. In 3 1/2- to 4-quart slow cooker, mix chicken, sweet potatoes, onion, tomatoes, broth, oregano and cumin. Cover; cook on Low heat setting 7 to 8 hours.
2. Stir in corn and bell pepper. Increase heat setting to High; cover and cook about 30 minutes or until chicken is no longer pink in center and vegetables are tender.
3. Meanwhile, heat oven to 450°F. Spray 2 cookie sheets with cooking spray. Cut each tortilla into strips; place in single layer on cookie sheets. Bake about 6 minutes or until crisp but not brown; cool.
4. Spoon soup into individual bowls. Top with tortilla strips. Sprinkle with cilantro.

Recipe Provides: Grains 1oz-equivalents, Meat & Beans 2oz-equivalents, Vegetables 3/4c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	300	Calories from Fat:	60
Total Fat:	7 g	Saturated Fat:	2 g	Cholesterol:	45 mg
Sodium:	580 mg	Total Carbohydrate:	37 g	Dietary Fiber:	5 g
Sugars:	9 g	Protein:	21 g		



This recipe was adapted from WWW.eatbetterearly.com