

Mexican Tortilla Soup

INGREDIENTS:

2 teaspoons olive oil, divided
12 ounces skinless, boneless chicken breast, diced
1 c. onion, chopped
1 c. green bell pepper, chopped
1 tsp. chopped garlic (about 2 cloves)
3/4 tsp. ground cumin
3/4 tsp. chili powder
2 (14-ounce) cans fat-free, less-sodium chicken broth
1 (14 1/2-ounce) can diced tomatoes, undrained
1/3 c. chopped fresh cilantro
1/2 c. coarsely crushed baked tortilla strips or chips
1/2 c. reduced-fat shredded Mexican blend cheese
Sliced lime (optional garnish)
Sliced avocado (optional garnish)

DIRECTIONS:

Heat 1 teaspoon oil in a nonstick Dutch oven or other large pot over medium-high heat. Add the chicken and cook, stirring often, three to four minutes or until browned. Remove to plate and cover. In the same pan, heat remaining 1 teaspoon oil on medium-high. Add onion, bell pepper and garlic. Cook, stirring often, five minutes or until softened. Stir in cumin, chili powder, broth and tomatoes. Bring to a boil. Reduce heat and simmer five minutes. Return the chicken and juices to the pan and simmer three minutes or until heated through. Stir in cilantro. Ladle soup into serving bowls; top with crushed tortilla chips and cheese. Serve hot with a lime wedge on the side or an avocado slice on top.

NUTRITION:

Makes six (1-cup) servings. Each serving has 296 calories, 11 grams (g) fat, 29 g protein, 15 g carbohydrate, 2 g fiber and 522 milligrams sodium.