

## Chicken Enchilada Soup

*This recipe is a good source of Vitamin C, which keeps gums and blood vessels healthy.*

### Ingredients:

- 2 teaspoons vegetable oil
- 1 cup chopped onion
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 16-ounce can navy beans
- 1 28-ounce can diced tomatoes
- 2 - 14 1/2 ounce cans fat-free chicken broth
- 1 - 8 ounce can tomato sauce
- 2 - 4 ounce cans chopped green chilies
- 2 teaspoons dried oregano
- 2 cups chopped cooked chicken
- 1/2 cup chopped fresh cilantro
- 1 cup shredded cheese
- 10 thin corn tortillas

### Directions:

1. Heat oil in a large pot. Add onion, garlic and cumin and sauté until onion is softened but not browned.
2. Drain and rinse beans. Add drained beans, tomatoes with liquid and broth. Heat to a boil. Reduce heat.
3. Stir in tomato sauce, chilies, oregano and chicken. Simmer 15 minutes.
4. When ready to serve, stir in cilantro and 1 cup cheese until melted. Serve tortilla strips on the side as soup toppings.
5. Refrigerate leftovers within 2 hours.

### Bright Ideas:

**Tips:** To make tortilla strips, stack tortillas and cut in half. Cut each half-stack into thin strips. Spread strips on a baking sheet. Bake at 350° F., tossing frequently, for 15 minutes or until crispy and starting to lightly brown.

Nutrition Facts	
Serving Size 1 cup (250g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 480mg	<b>20%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 3g	
<b>Protein</b> 13g	
Vitamin A 10%	• Vitamin C 25%
Calcium 8%	• Iron 10%
*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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	• Carbohydrate 4 • Protein 4

12 servings, 1 cup each

Source: Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>