

Tortilla Soup

Recipe provided by *From the Mountains to the Sea: Healthy Recipes from Across North Carolina*

Ingredients

6 cups water
1/2 cup brown rice, uncooked
4 tsp reduced-sodium chicken bouillon
1/2 large diced onion
1 10-oz can low sodium diced tomato and green chili
10 oz chicken breast cut in small pieces
1/4 chopped cabbage
1/2 tsp ground cumin, then additional to taste
1/4 tsp garlic powder
1/2 tsp dried cilantro
Ground pepper to taste
25 crushed tortilla chips
3 oz grated low-fat cheddar cheese

Directions

1. Place water, diced tomato and green chili into large soup pot.
2. Add chicken, rice, diced onion, cabbage, bouillon and spices.
3. Bring to a boil, and then lower to simmer.
4. Simmer at least 30 minutes to cook chicken and rice
5. Garnish each serving with 1 Tbsp grated cheese and up to 3 crushed tortilla chips.

Nutrition Information makes ~10 servings (serving size = 1 cup)

Per Serving

Calories: 130
Fat: 3 g
Saturated Fat: 1 g
Cholesterol: 23 mg
Sodium: 207 mg
Carbohydrate: 14 g
Fiber: 1g
Protein: 13g



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