

# CREAMY CHICKEN TORTILLA SOUP



March 3

National Soup It Forward Day



## INGREDIENTS

- 4 Cups Chicken Broth
- 2 Corn Tortillas
- 2 Teaspoons Chili Powder
- 1 Teaspoon Cumin
- 1 Teaspoon Garlic Powder
- 1 Teaspoon Oregano
- ½ Teaspoon Salt
- 21 Ounces (2 cans) Cream of Chicken Soup
- 18 Ounces Cooked, Shredded Chicken
- 15¼ Ounce Can Sweet Corn (drained)
- 15 Ounce Can Black Beans (drained and rinsed)
- 10 Ounce Can Diced Tomatoes
- ½ Cup Heavy Cream

## DIRECTIONS

1. Pour the chicken broth in a large pot and add the 2 corn tortillas and the spices. Bring to a boil, then reduce heat to low and simmer for about 10 minutes or until the tortillas disintegrate into the broth mixture.
2. Whisk in the cream of chicken soup until smooth. Then add the remaining ingredients (shredded chicken, corn, black beans, tomatoes, and heavy cream.) Stir to combine.
3. Simmer for 10 minutes then serve.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

## MEAL TYPE

 Lunch/Supper

## YIELD

12 Cups

## PORTION SIZES

| Toddler | Preschool | School Age | Adult   |
|---------|-----------|------------|---------|
| ⅔ Cup   | 1 Cup     | 1½ Cups    | 1½ Cups |