



## Mexican Tortilla Soup

**Prep time:** 10 minutes

**Cook time:** 16 minutes

**Makes:** 6 Servings

For a hearty meal that's full of flavor and spice, you can't go wrong with Mexican Tortilla Soup. Top with crushed tortilla chips and cheese, and serve with lime wedges.

### Ingredients

**2 teaspoons** olive, oil (divided)

**12 ounces** skinless, boneless chicken breast (trimmed and diced)

**1 cup** prechopped onion

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>296</b>
<b>Total Fat</b>	<b>11 g</b>
Saturated Fat	3 g
Cholesterol	58 mg
<b>Sodium</b>	<b>522 mg</b>
<b>Total Carbohydrate</b>	<b>15 g</b>
Dietary Fiber	2 g
Total Sugars	5 g
Added Sugars included	1 g
<b>Protein</b>	<b>29 g</b>
Vitamin D	0 mcg
Calcium	302 mg
Iron	2 mg
Potassium	528 mg

N/A - data is not available

### MyPlate Food Groups

	Vegetables	3/4 cup
	Grains	1/2 ounce
	Protein Foods	2 ounces
	Dairy	1/4 cup

**1 cup** prechopped green bell pepper

**2 cloves** garlic (minced, 1 teaspoon)

**3/4 teaspoon** ground cumin

**3/4 teaspoon** chili powder

**2 cans** fat-free, less-sodium chicken broth (14-ounce)

**1 can** diced-tomatoes (14-ounce, undrained)

**1/3 cup** Chopped fresh cilantro

**1/2 cup** coarsely crushed baked tortilla chips

**1/2 cup** preshredded reduced-fat Mexican blend cheese

**6** lime wedges (about 1 1/2 limes)

## Directions

1. Heat 1 teaspoon oil in a nonstick Dutch oven over medium-high heat. Add the chicken, and cook, stirring often 3-4 minutes or until browned. Remove to plate, and cover.
2. In the same pan, heat remaining 1 teaspoon oil, on medium-high. Add onion, bell pepper, and garlic. Cook, stirring often, 5 minutes or so until softened. Stir in cumin, chili powder, broth, and tomatoes. Bring to boil. Reduce heat, and simmer 5 minutes.
3. Return the chicken and juices to the pan and simmer 3 minutes or until heated through. Stir in cilantro.
4. Ladle soup into serving bowls; top with crushed tortilla chips and cheese. Serve hot, with a lime wedge on the side.

**Source:** A First Lady's Favorite from Health