

C's Chicken Tortilla Soup Bowl

1 large onion, chopped
1 Tbsp. ground cumin
1 Tbsp. canola oil
2 14 oz. cans low-sodium chicken broth
1 28 oz. can fire roasted diced tomatoes
4 cups shredded grilled boneless chicken breasts
* hint: a grocery store roasted chicken is about 4 cups chicken once you remove the meat (no skin)
1 10 oz. pkg. frozen sweet whole kernel corn
2 4 oz. cans diced green chile peppers
season to taste with salt & freshly ground black pepper
Baked blue tortilla chips broken-up evenly on-top of bowls

Directions: in a large deep pot or Dutch oven, cook onion and cumin over hot oil over medium heat for 5 min. or until tender, stirring often. Carefully add broth, undrained tomatoes, chicken, corn and undrained chile peppers. Bring to a boil, reduce heat. Simmer covered for 15 minutes. Season to taste with salt and pepper. If you simmer it longer, it improves the flavors and makes the chicken more tender.

*May garnish with chopped cilantro, **shredded jack cheese, **avocado slices and limes.

**WILL change the caloric/macro nutrient content though-

Yields: 8 servings (about 1 1/2 cup)

3 UNIT MEAL

Calories per serving 300: Protein: 24 g., Carbs: 17 g., Fat: 4 g.

C's Chicken Noodle Soup Bowl

2 cups 1/4" EACH carrot & celery slices
1 1/2 cup chopped yellow onion
8 garlic cloves, minced
1/2 tsp. EACH kosher salt & freshly ground black pepper
12 cups low-sodium chicken broth
2 cups (3 oz.) uncooked egg noodles
2 Tbsp. low-sodium soy sauce
2 bay leaf
4 cups shredded cooked boneless chicken breasts
* hint: a grocery store roasted chicken is about 4 cups chicken once you remove the meat (no skin)
Coarsely ground fresh black pepper

Directions: Heat sprayed large pot or Dutch oven over medium heat. Add carrot, onion and garlic and saute' 5 minutes. Add celery, salt & pepper, saute' 3 minutes. Add broth and next 3 ingredients. bring to a boil. reduce heat and simmer 5 minutes. Add shredded chicken, cook 3 minutes. Discard bay leaf. Sprinkle with black pepper if desired.

Yields: 8 servings (about 1 1/2 cup)

3 UNIT MEAL

Calories per serving: 260 Protein: 24 g. Carbs: 22 g., Fat: 7 g.