

C's Chicken Tortilla Soup Bowl

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

Ingredients:

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 Nature's Seasonings & freshly ground black pepper

Directions:

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

*Garnish with chopped cilantro.

**use Blue tortilla chips broken-up on-top of your bowl just before serving

COOKS HINT!

If using a store bought rotisserie chicken, you can add everything all at once to a Crock-Pot or Slow-Cooker, turn it on low and leave it for up to 8 hrs.! Make it before you go to bed, wake up and you have Meal #3 ready to go for the day!