

# 6-Can Chicken Tortilla Soup

## INGREDIENTS

6 SERVINGS 20 MIN

- 2 tablespoons reduced sodium taco seasoning
- 1, 15oz can low-sodium corn, drained and rinsed
- 2, 14.5oz cans low-sodium chicken broth
- 1, 10oz can chicken, drained
- 1, 15oz can low-sodium black beans, drained and rinsed
- 1, 10oz can diced tomatoes with green chilis, drained
- $\frac{2}{3}$  cups low-fat shredded cheddar cheese
- Tortilla chips, for serving, optional



Adapted from:  
[celebrateyourplate.org](http://celebrateyourplate.org)



USDA is an equal opportunity provider, employer, and lender. This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

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## **PROCEDURE**

1. In a large pot, combine corn, chicken broth, taco seasoning, chicken, black beans, and tomatoes.
2. Bring to a boil. Cover, reduce heat, and simmer for 5 - 8 minutes or until heated through.
3. Top with cheese and serve with tortilla chips, if using.

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