

Chicken Tortilla Soup

Yield 6 cups

This yummy soup is healthy and easy to make.

- 1 tablespoon butter or margarine 1 can (15 oz) beans,
2 cloves garlic, peeled and d
chopped l
2/3 cup chopped onion 1
2 chicken breasts, skinned sh
2 cans (10 1/2 oz each) mild chili powder
1 cup cornmeal 1/2 cup leaf (optional)
1/2 cup water • pepper to taste
1 cup frozen corn

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(over)

Chicken Tortilla Soup *(continued)*

1. Melt butter in a sauce pan over medium heat. Add garlic and onions and cook until slightly brown.
2. Add chicken—cook until browned and cooked through.
3. Pour in chicken broth and water.
4. Add celery, carrots, and potatoes on low heat.
5. Mix in bay leaf, and cook for 15 more minutes until vegetables are tender.
6. Remove bay leaf and serve.

Serving suggestions:

Garnish with baked tortilla chips, sour cream, and shredded cheese.

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