

Chicken Tortilla Soup

Provided by Placer / Nevada UC CalFresh Nutrition Education Program and the Auburn Interfaith Food Closet

SERVES: 4

PREP TIME: 5 minutes

COOK TIME: 15 minutes



INGREDIENTS

- 3 cups cooked pinto beans
- 1 can (14.5-oz.) petite diced tomatoes, with the juice
- 1 can (14.5-oz.) diced tomatoes with green chiles, with the juice
- 1½ cups cooked, shredded chicken, or 1 can (12.5-oz.) chunk chicken breast, drained and shredded
- 1 can (14.5-oz.) chicken broth
- 1 cup frozen corn
- ½ packet (1.25-oz.) dry taco seasoning mix

Optional toppings:

- Avocado slices
- Chopped cilantro
- Shredded cheese
- Tortilla strips

DIRECTIONS

1. Combine all ingredients except toppings in a large pot, and bring to a boil. Simmer for 15 minutes, stirring frequently.
2. For a creamy texture, mash some of the beans with a fork or potato masher to desired consistency. Garnish with optional toppings.



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