

TORTILLA SOUP

Prep Time: 5 minutes

Cook Time: 15 minutes

Included in Box:

- 1 c. pinto beans, cooked
- 2 (5 oz) canned chicken, drained
- 1 (15 oz) can no salt black beans, drained and rinsed
- 1 (14.5 oz) can low sodium diced tomatoes

Additional Ingredients Needed:

- 4 c. (32 oz) low sodium chicken broth
- 2 small onions (-1 c.), diced
- 1 T lime juice
- 1 T garlic powder
- 1 tsp chili powder
- 1 tsp cumin

Directions:

1. Cook pinto beans per instructions on packaging
2. Add onion to large pot over medium-high heat and cook until translucent (3-4 minutes).
3. Add all ingredients to pot; mix to combine. Bring to boil over medium heat, then reduce heat to simmer for 10 minutes.

Tip: Top with a spoonful of shredded cheese, avocado slices, cilantro or crushed tortilla chips for additional flavor!



Nutrition Facts*

Total Servings: 4
Serving Size: 1 c.
Calories: 299 kcal
Fat: 3 g
Sodium: 628 mg
Carbohydrates: 40.5 g
Fiber: 14 g
Protein: 30 g
Carbohydrate Servings: 2 ½

**Nutrient facts include canned premium chunk chicken breast in water (drained), 50% less sodium black beans, boiled pinto beans, canned no salt added diced tomatoes, Campbell's low sodium chicken broth.*