



## Tortilla Soup

### Ingredients:

1 tbs. olive oil  
1 small onion, diced  
1 lb. cooked chicken, cubed or shredded  
2 cloves garlic, minced  
1 medium zucchini, diced  
1 cup frozen yellow corn  
1 can (14 oz.) tomato sauce  
1 can (14 Oz.) stewed tomatoes  
1 can (14 oz.) reduced-fat, low-sodium chicken broth  
2 tsp. ground cumin  
1 tsp Mexican oregano  
Kosher salt, to taste  
Freshly ground black pepper, to taste  
Tortilla chips  
Monterrey jack cheese, shredded  
Fresh cilantro (optional)

### Directions:

In large saucepan over medium heat, heat olive oil. Sauté garlic 3 to 5 minutes or until golden brown. Add chicken, zucchini, corn, tomatoes, tomato sauce, and chicken broth, and stir to combine. Season with cumin, oregano, salt and pepper. Reduce heat. Cover and simmer 20 to 30 minutes until flavors blend.

Serve by ladling soup into individual serving bowls and top with tortilla chips, cheese, and cilantro, if desired. Makes 4 servings.