



## Chicken Tortilla Soup

Serves 6

### Ingredients:

- 1 can of black beans drained and rinsed (15 oz.)
- 1 can pinto beans drained and rinsed (15 oz.)
- 1 can diced tomatoes—including the water (14.5 oz.)
- 1 can corn—including the water (15.25 oz.)
- 1 can of white chicken—including the water (12.5 oz)
- 1 can of green enchilada sauce (14.5 oz) Use more or less based on your preference
- 1 can chicken broth (14 oz.)
- 1 packet of taco seasoning

### Optional:

- 1 can of cream of chicken soup (10.75 oz)
- 1/3 of an 8 oz. block of cream cheese or 1 cup of sour cream
- Add an additional can of chicken if you prefer more meat
- Adjust the type and amount of beans to your family's taste

### Directions:

1. Mix all ingredients in a large pot or crock pot.
2. Heat until the ingredients have warmed through
3. Stir occasionally.

Consider serving with any of the following:

- Tortilla chips
- Cheese
- Sour Cream

### Variations of the recipe you might like to try:

- Add 1 cup of rice (not instant). Add an additional 2 cups of water or broth and simmer for approximately 20 minutes, or until rice is tender.
- For a dairy free version, do not add the cream of chicken soup, cream cheese, sour cream, or cheese.
- For a vegetarian version, use vegetable broth and exclude the chicken
- This recipe doubles and triples very well.

### Freezing Instructions:

If freezing, warm in pot for flavors to mix. Place in a freezer safe container (gallon size freezer storage bag or some other freezer safe container). Freeze. When removing from freezer to eat, place frozen block of soup in a pot. Add enough water to cover the bottom of the pot about ½" deep. Simmer (low heat) until the soup has melted. Then increase to medium heat and warm to desired temperature.