



## *Our Family Recipes*

### **Kerry's Chicken-Tortilla Soup**

### **Soup**

(Kerry Finley, ALA East Palo Alto Unit 472)

- 1 t olive oil
- 1 cup chopped onion
- 2 garlic cloves, minced
- 2 cups shredded cooked chicken breast (about 10 ounces)
- 1 cup frozen whole-kernel corn
- ¼ cup dry white wine
- 1 T chopped seeded jalapeño pepper
- 1 t ground cumin
- 1 t Worcestershire sauce
- ½ t chili powder
- 2 (14¼ -ounce) cans no-salt-added chicken broth
- 1 (14.5-ounce) can diced peeled tomatoes (such as Del Monte Fresh Cut), undrained
- 1 (10¾ -ounce) can condensed reduced-fat reduced-sodium tomato soup (such as Campbell's Healthy Request), undiluted
- 1¼ cups crushed unsalted baked tortilla chips (about 16)
- ½ cup fat-free sour cream
- 1 lime, cut into 8 wedges (optional)

Heat oil in a Dutch oven over medium-high heat

Add onion and garlic; saute 2 minutes

Stir in chicken and next 9 ingredients (chicken through tomato soup); bring to a boil.

Reduce heat, and simmer 1 hour

Ladle soup into bowls; top with tortilla chips and sour cream

Squeeze juice from one lime wedge into each bowl of soup before serving, if desired.