

## South of the Border Chicken Soup

Carol Mooney

- 1 teaspoon canola oil
- ½ pound skinless, boneless chicken breast, cut into thin strips
- 1 onion, chopped
- 3 garlic cloves, minced
- 2 teaspoon ground cumin
- 4 cups low sodium chicken broth
- 1 (14 oz) can diced tomatoes
- 1 (10 oz) box frozen whole kernel corn
- 1 cup prepared salsa
- ¼ cup chopped fresh cilantro
- ¼ cup shredded reduced-fat cheddar cheese
- 12 baked tortilla chips, crushed (optional)

1. Heat the oil in a large nonstick saucepan over medium-high heat. Add the chicken and cook until browned, about 6 minutes. Transfer the chicken to a plate; set aside.

2. Add the onion and garlic to the pan. Cook, stirring occasionally, until tender, about 8 minutes. Stir in the cumin and cook 1 minute. Add the broth, tomatoes, corn and salsa; bring to a boil. Reduce the heat and simmer, uncovered, until the flavors are blended, about 10 minutes. Return the chicken to the pan; heat through. Remove the pan from the heat and stir in the cilantro. Serve the soup with the cheese and tortilla chips.