



Chicken Enchilada Soup



Recipe from *OSU FoodHero.org*

Ingredients



- 2 t. vegetable oil
- 1 cup chopped onions
- 2 garlic cloves or 1 t. prepared
- 1 t. ground cumin
- 1 can navy beans or any beans
- 1 can (28 oz.) diced tomatoes
- 1 quart of chicken broth
- 1 8 oz. can of tomato sauce
- 2 cans (4 oz.) chopped green chilies
- 2 t. oregano-dried
- 2 cups chopped cooked chicken
- ½ cup chopped fresh cilantro
- 1 cup shredded cheese
- 10 thin corn tortillas

Serving Size: 1 Cup

Yield: 12 Cups



Directions



- Heat the oil and add the onion, garlic, and cumin and sauté until onion is softened, but not brown.
- Drain and rinse beans. Add the beans, tomatoes with liquid and the chicken broth. Heat to a boil and reduce to simmer.
- Stir in tomato sauce, chilies, oregano, and chicken. Simmer for 15 minutes
- When ready to serve, stir in the cilantro and the cheese and let it melt.
- The tortilla strips can be served on the side with salsa and avocados.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Chicken Enchilada Soup



Recipe from *OSU FoodHero.org*

Ingredients



- 2 t. vegetable oil
- 1 cup chopped onions
- 2 garlic cloves or 1 t. prepared
- 1 t. ground cumin
- 1 can navy beans or any beans
- 1 can (28 oz.) diced tomatoes
- 1 quart of chicken broth
- 1 8 oz. can of tomato sauce
- 2 cans (4 oz.) chopped green chilies
- 2 t. oregano-dried
- 2 cups chopped cooked chicken
- ½ cup chopped fresh cilantro
- 1 cup shredded cheese
- 10 thin corn tortillas

Serving Size: 1 Cup

Yield: 12 Cups



Directions



- Heat the oil and add the onion, garlic, and cumin and sauté until onion is softened, but not brown.
- Drain and rinse beans. Add the beans, tomatoes with liquid and the chicken broth. Heat to a boil and reduce to simmer.
- Stir in tomato sauce, chilies, oregano, and chicken. Simmer for 15 minutes
- When ready to serve, stir in the cilantro and the cheese and let it melt.
- The tortilla strips can be served on the side with salsa and avocados.

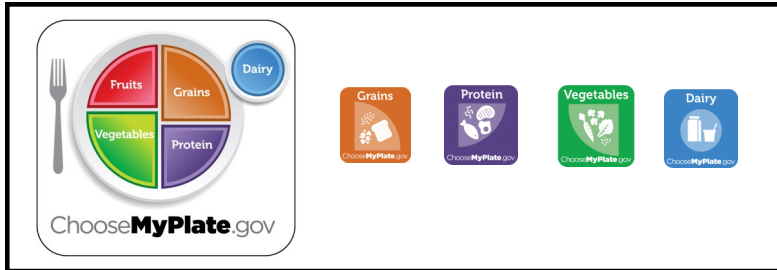
Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Fast Facts



Featured Food Groups



Nutrition Facts



Nutrition Facts

Serving Size 1 cup (250g)
Servings Per Container 12

Amount Per Serving

Calories 170 **Calories from Fat 30**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 480mg **20%**

Total Carbohydrate 22g **7%**

Dietary Fiber 4g **16%**

Sugars 3g

Protein 13g

Vitamin A 10% • Vitamin C 30%

Calcium 8% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Cooking Tips



- Broth can be canned or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube bouillon.
- To make tortilla strips, stack tortillas and cut in half. Cut each half-stack into thin strips. Spread strips on a baking sheet. Bake at 350 degrees, tossing frequently, for 15 minutes or until crispy and starting to lightly brown.

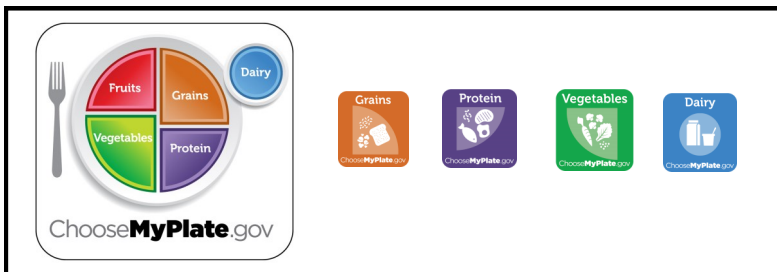
Second Harvest is an equal opportunity provider.



Fast Facts



Featured Food Groups



Nutrition Facts



Nutrition Facts

Serving Size 1 cup (250g)
Servings Per Container 12

Amount Per Serving

Calories 170 **Calories from Fat 30**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 480mg **20%**

Total Carbohydrate 22g **7%**

Dietary Fiber 4g **16%**

Sugars 3g

Protein 13g

Vitamin A 10% • Vitamin C 30%

Calcium 8% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Cooking Tips



- Broth can be canned or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube bouillon.
- To make tortilla strips, stack tortillas and cut in half. Cut each half-stack into thin strips. Spread strips on a baking sheet. Bake at 350 degrees, tossing frequently, for 15 minutes or until crispy and starting to lightly brown.

Second Harvest is an equal opportunity provider.