



# Tex-Mex Chicken Enchilada Soup



Recipe from *OSU FoodHero.org*

## Ingredients



- 2 tsp. vegetable oil
- 1 cup chopped onions
- 2 garlic cloves or 1 t. prepared
- 1 tsp. 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 tsp. oregano-dried
- 2 cups chopped cooked chicken
- ½ cup chopped fresh cilantro
- 1 cup shredded cheese
- 10 thin corn tortillas

Yield: 12 Cups

Serving Size: 1 cup



## Directions



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

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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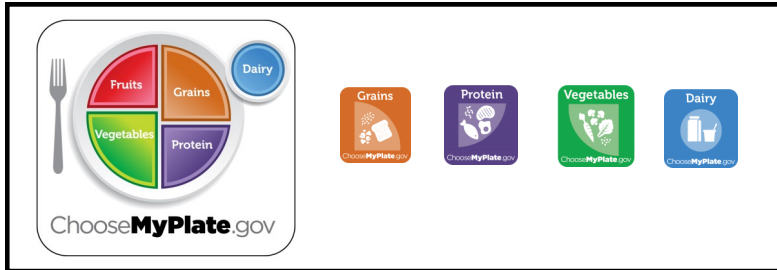
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# Fast Facts



## Featured Food Groups



## 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.

## Nutrition Facts



### Nutrition Facts

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

Amount Per Serving	
<b>Calories</b> 170	<b>Calories from Fat</b> 30
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 480mg	<b>20%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 3g	
<b>Protein</b> 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

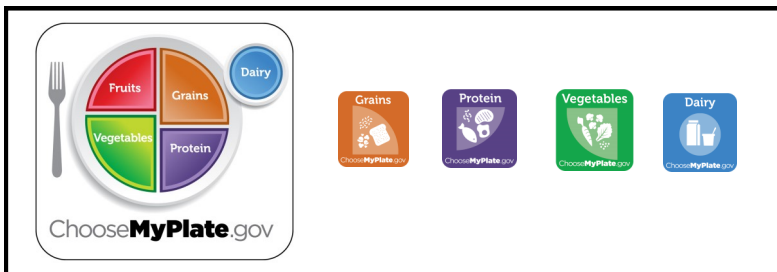
Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



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