

## TORTILLA SOUP

Place all the vegetables in a pot, add chicken and chicken broth and Voila! In 15 minutes it's dinner time. Prep time: 20 minutes Cooking time: 15 minutes Degree of difficulty: easy  
Low-fat Low-calorie SOUP

3 cans (14 1/2 oz.) fat-free chicken broth  
1 can (15 oz.) white hominy, drained and rinsed  
1/3 cup fresh or frozen whole-kernel corn  
carrot, diced  
1 cup diced zucchini  
1 cup diced, cooked chicken  
1/2 cup chopped onion  
2 cloves garlic, chopped  
1/2 teaspoon cumin  
1/2 teaspoon thyme  
1 bay leaf

**GARNISHES** 1 lime, cut into wedges 1/2 cup shredded Monterey Jack cheese 2 cups baked tortilla chips 1 sliced jalapeno or serrano pepper Red pepper sauce Fresh thyme

Crusty bread (optional)

Bring all soup ingredients to boil in large Dutch oven over medium-high heat. Reduce heat to medium-low; simmer 15 minutes until soup is hot and vegetables have softened slightly. Ladle soup into 4 serving bowls. Garnish each serving as desired. Serve with bread, if desired. Makes 4 servings.