

Tortilla Chicken Soup

- 8 cups chicken broth, fat-free
- 3 large chicken breasts, boneless
- 1 can Cream of Chicken soup, 98% fat-free
- 1 can Rotel tomatoes
- 1 c. Half-and-Half, fat-free
- 1-12oz. block Velveeta cheese, light
- ½ c. onions, sauteed
- 1 tsp. garlic powder
- 1 tsp. chili powder
- 1 tsp. salt
- ½ tsp. pepper
- 3 med. flour tortillas (torn in 1-inch pieces)

Directions:

Boil chicken in broth. When done, cut into bite-size pieces, return to broth. Add soup, tomatoes, half-and-half, cheese, onions, garlic powder, chili powder, salt and pepper to broth. Boil 10 minutes, add tortillas and boil until tortillas are soft.

Delicious and figure-friendly! 😊

Flour-ing at Home with Jan Hart

