

CHICKEN TORTILLA SOUP

Chicken Tortilla Soup

Makes 2 servings Calories 265 Per Serving

Ingredients

4 cups chicken broth

1/2 cup frozen corn

Thawed cayenne pepper to taste

2 carrots, peeled and chopped

1 1/2 cups cooked, shredded chicken

1 lemon juiced

Salt and pepper to taste

Garnish

Crumbled tortilla chips

Cilantro leaves,

Chopped lime wedges

1/2 avocado, slice

1. Cook and shred chicken.
2. Simmer chicken broth in a medium pot. While it's warming up add. Simmer till corn is soft.
3. Add carrots, simmer until carrots are soft yet still a little crunchy (about 10 minutes).
4. Then add chicken and lemon juice and simmer until meat is warm.
5. Right before you serve add salt and pepper and cayenne pepper to taste.
6. Serve with garnishes (crumbled tortilla chips, cilantro, lime wedges, and slice avocado).