



Chicken Tortilla Soup

Submitted by Stacie H.

- 1 rotisserie chicken, removed from bones
- 2 cans black beans, organic
- 2 cans refried beans, fat-free, low-sodium
- 2 cans chicken broth, fat-free, low-sodium
- 2 cups Southwestern corn, frozen
- 2 cups fresh salsa (hot, medium or mild)
- ½ packet McCormick white chicken chili seasoning packet

Combine all ingredients in crock pot (no need to drain beans or corn). Cook on low for several hours or on medium high until heated through. Optional: serve with fat-free sour cream, low-fat cheese or tortilla strips if desired. Makes 12 servings.

Note: Using fresh, organic and low-sodium ingredients significantly reduces the sodium in this recipe.

Nutrition information per serving: 187 calories, 11 grams protein, 2 grams fat, 30 grams carbohydrate, and 796 mg sodium.



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