

Enchilada Chicken Soup

3 cups fat-free chicken broth
1 1/4 cups celery, finely chopped
1/2 cup sweet yellow onion, diced
3 cups green enchilada sauce
One 15-oz. can pure pumpkin
10 oz. boneless skinless chicken breast, cooked, shredded
1 cup white (or yellow) corn, frozen
Optional: dash hot sauce, or more to taste
Optional toppings: shredded fat-free cheddar cheese, crushed baked tortilla chips

In a large pot, bring broth to a low boil on the stove. Add celery and onion, and simmer for 5 minutes. Stir in enchilada sauce and pumpkin. Once soup returns to a low boil, add chicken, corn and optional hot sauce; mix well. Cook for an additional 3 - 5 minutes, until soup is heated throughout.

Dish into bowls and top with optional cheese and chips if desired. Makes 9 servings.

Nutrition information per serving: 105 calories, 11 grams protein, 2 grams fat, 13 grams carbohydrates, 641 mg sodium.