

## **Creamy Chicken Tortilla Soup**

From Dee Dee Smith and Triumphant  
Lutheran Church in San Antonio, TX

½ lb. cooked chicken (rotisserie works well) can substitute hamburger  
1/3 c. finely chopped onion  
1 small clove garlic, minced  
2 Tbsp. Canola oil or Olive oil  
6 c. chicken broth (I cook the rotisserie chicken bones for stock)  
1 can diced tomatoes with juice  
1 can cream style corn  
1 ½ c. shredded or cubed American Cheese (I use Velveeta)  
2 tsp. ground cumin  
1-2 tsp. salt  
1 tsp. pepper  
1/3 c. cornstarch  
¼ c. water  
¼ c. fresh cilantro, chopped  
Either tortilla chips or homemade tortillas that have been cut into 1x3" strips and  
fried or baked

In a large saucepan, lightly sauté the onions and garlic until cooked and translucent. Add the broth, chicken, tomatoes, corn, cumin, salt and pepper. Bring to a boil. Reduce the heat and stir in the cheese until it is melted completely. Mix the water and cornstarch until completely dissolved. Bring the soup to a boil and add the Cornstarch/water mixture. Reduce the heat and simmer for 10 minutes. Remove From the heat and ladle into bowls. Garnish with the fresh cilantro/tortilla strips.

For less calories: use regular canned or frozen corn, delete the cornstarch/water mixture and delete the cheese

For less sodium: use no added salt tomatoes and corn, make your own broth, make your own tortilla chips, and delete salt.

For Vegetarian: Delete the chicken and substitute vegetable stock for chicken broth