

Chicken Tortilla Soup
Courtesy of Cooking Light

8 servings (serving size 1 c. soup, 2Tbsp chips, 2 Tbsp sour cream)

1 tsp. olive oil
1 c. chopped onion
2 garlic cloves, minced
2 c. shredded cooked chicken breast (about 10 oz.)
1 c. frozen whole-kernel corn
1/4 c. dry white wine
1 Tbsp chopped seeded jalapeño pepper
1 tsp ground cumin
1 tsp Worcestershire sauce
1/2 tsp chili powder
2 (14.25-oz) cans fat-free, less sodium chicken broth
1 (14.5 oz) can condense reduced-fat, reduced-sodium tomato soup
1 c. crushed unsalted baked tortilla chips (about 20)
1/2 c. fat-free sour cream
1 lime, cut into 8 wedges (optional)

Heat oil in Dutch oven over medium-high heat. Add onion and garlic; sauté 2 minutes. Stir in chicken and next 9 ingredients; bring to a boil. Reduce heat, and simmer 1 hour.

Ladle soup into bowls; top with tortilla chips and sour cream. Squeeze juice from one lime wedge into each bowl of soup before serving, if desire.