

Chicken Soup with Lime

Take a break from traditional chicken noodle soup. This spicy chicken and lime combo with a Mexican flair is ready to serve in just minutes.

Ingredients

- 4 corn tortillas, cut into thin strips
- 1 T olive oil
- 1 medium onion, chopped
- 3 serrano chili peppers, thinly sliced
- 1 clove minced garlic
- 1 large tomato, halved, seeded and diced
- 4 cups chicken stock, low sodium
- 1 1/2 cups shredded cooked chicken breast
- 5 T lime juice
- 1/4 cup chopped fresh cilantro
- Salt and pepper to taste

Preparation

1. Preheat oven to 400 degrees F. Place tortilla strips on a baking sheet and bake for 3 minutes, or until lightly toasted. Put on a plate to cool.
2. Heat oil in a large saucepan over medium heat and add the onions, garlic and chili peppers. Cook 3 to 4 minutes until onions are soft. Stir in tomatoes, broth and chicken. Simmer for 5 minutes. Stir in 4 T of the lime juice and the cilantro. Season with salt and pepper. Add more lime juice if desired.
3. Separate into bowls and distribute tortilla chips on top of each bowl.

Yield: 4 servings, 1 cup each



Nutrition Facts

Yield 4 servings

Amount Per Serving

Calories 397

Fat 13g

Carbohydrates 35g

Dietary Fiber 5.5g

Protein 37g

Sodium 550g

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