

Chicken Enchilada Soup

SOUPS

Stovetop • ~45 min • Serves 4 • about 1½ cups each

CALORIES 225 • PROTEIN 18 G • FIBER 3 G

INGREDIENTS

- 2 corn tortillas
- 2 tsp olive oil (plus a little for the pan)
- 2 boneless, skinless chicken breasts, 4 oz each
- 4 Tbsp all-purpose flour
- 1 cup no-salt-added tomato sauce
- ½ cup whole milk
- 2 cans low-sodium chicken broth, about 3½ cups
- 1½ tsp chili powder
- ½ tsp ground cumin
- ¼ tsp salt
- ¼ tsp garlic powder
- Dash of ground red pepper
- ½ cup tomato, seeded and chopped
- 4 Tbsp shredded sharp cheddar cheese
- 1 tsp jalapeño, minced (optional)

NUSTART KITCHEN

DIRECTIONS

- 1** Cut the tortillas into thin strips, place on a baking sheet, and bake at 325°F about 10 minutes, until crisp; set aside.
- 2** Heat a little olive oil in a saucepan over medium-high; add the chicken, cut into bite-sized pieces, and sauté about 4 minutes, until lightly browned.
- 3** Add the flour and cook, stirring, 1 minute.
- 4** Gradually stir in the tomato sauce, milk, and broth; add the chili powder, cumin, salt, garlic powder, and red pepper.
- 5** Cover, reduce heat, and simmer 15 minutes. Ladle into bowls and top each with tortilla strips, chopped tomato, cheese, and jalapeño if using.

WHAT MAKES THIS FILLING. Protein does the work here: 18 grams in a bowl, most of it from the chicken, with the cheddar and milk behind it. Protein and fiber are what tend to keep you full longest.

Fiber uses FDA thresholds: 20% or more of the Daily Value is an excellent source, 10–19% a good source (21 CFR 101.54); the fiber Daily Value is 28 g. Protein is shown in grams. Per-serving values are from USDA FoodData Central reference amounts, approximate, and vary with brand, variety, and preparation.

Adapted from the Body for God Cookbook by Lisa Young.

Grocery List

CHICKEN ENCHILADA SOUP

Serves 4, about 1½ cups each. What to **buy**; the other side has what to use.

AISLE BY AISLE

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• CHECK OFF EACH BOX AS YOU SHOP

PRODUCE

- ☐ 1 medium tomato · you need about ½ cup chopped
- ☐ 1 jalapeño · optional, for heat

MEAT & POULTRY

- ☐ 2 skinless, boneless chicken breasts, 4 oz each

DAIRY & EGGS

- ☐ 1 small carton whole milk · you need ½ cup
- ☐ 1 block or bag sharp cheddar · you need 4 Tbsp shredded

BAKERY & GRAINS

- ☐ 1 pack corn tortillas · you need 2

PANTRY

- ☐ 1 can or jar no-salt-added tomato sauce · you need 1 cup
- ☐ 2 cans low-sodium chicken broth, 13.5 oz each · any low-sodium brand

YOU MAY ALREADY HAVE · *check these before you shop*

- | | |
|--|--|
| ☐ All-purpose flour · you need 4 Tbsp | ☐ Ground cumin |
| ☐ Olive oil | ☐ Garlic powder |
| ☐ Salt | ☐ Ground red pepper |
| ☐ Chili powder | |

ALSO PICKING UP

write the rest of your list here, so it all travels on one page