

## CHICKEN TORTILLA SOUP

1/3 cup brown rice  
4 chicken breasts  
1 lime, halved  
2 tsp taco seasoning  
6 corn tortillas  
1 Tbsp. olive oil  
1 clove garlic, minced

1/2 onion, diced  
1 can (4oz.) diced green chilies  
6 cups chicken broth  
4 Tbsp. salsa  
1/4 cup fat-free sour cream  
2 Tbsp cilantro, chopped



Cook brown rice according to its package directions. While the rice is cooking, place chicken breasts in a shallow dish; cover with lime juice, and lightly coat both sides with taco seasoning. Then place chicken on a hot grill and cook for approximately 6 minutes on each side. Let the chicken cool slightly, then cut into strips and set aside.

Preheat oven to 350 degrees F and cut corn tortillas into 1/2-inch strips, then place them on a baking sheet. Bake for about 15-minutes or until they are crispy, then set aside.

While the tortilla strips are baking, heat olive oil in a large pot over medium heat. Add garlic and onion; sauté until the onion is transparent, about 8 minutes. Add cooked rice to the pot and sauté for 3 minutes. Add green chilies and sauté for 2 more minutes. Then pour chicken broth into the mixture and bring to a boil. Add sliced chicken and reduce heat to low. Simmer for about 25 minutes.

Place a few baked tortilla strips in the bottom of bowls, and spoon about a fourth of the soup into each. Garnish each bowl with a few more tortilla strips, a spoonful of salsa, sour cream and cilantro. Serve and enjoy!