



SPICY CHICKEN SOUP

SUBMITTED BY: Sandra Bauer - RN, GEM Met Emerg

It's Super Easy, Super Yummy, and Good All Year Round!

DIRECTIONS:

1. Combine 4c water, 2c chicken broth, 5 boneless skinless chicken breasts (cooked), 1 tsp pepper, 1 tsp garlic salt, 2 tbsp parsley in a med-large pot. Bring to boil then simmer for 60 minutes
2. Sauté 2tbsp olive oil, 2 cloves finely chopped garlic together, then add to above mixture.
3. Combine: 1c salsa, 1 can tomato soup or juice, 2tbsp chili powder (the kind used to make chili, not powdered chilis), 1 can corn (drained), 1 can red beans (drained) and a 500ml container sour cream. Add to chicken mixture, and then simmer for 30min, shredding chicken pieces with a fork.
4. Serve with crushed Tostitos and shredded cheddar cheese

INGREDIENTS:

4c water

2c chicken broth

5 boneless skinless chicken breasts

1 tsp pepper

1 tsp garlic salt

2 tbsp parsley

2 tbsp olive oil

2 cloves

1c salsa

1 can tomato soup or juice

2 tbsp chili powder

1 can corn (drained)

1 can red beans (drained)

500ml container sour cream

Tostitos

Shredded cheddar cheese