

Recipe for: Chicken Tortilla Soup
From the Kitchen of: Teresa Quay

Serves: 8

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| 1 teas Olive oil | 1 teas ground cumin |
| 1 cup chopped onion | 1 teas worchestershire sauce |
| 2 garlic cloves, minced | ½ teas chili powder |
| 2 cups shredded cooked chicken breast (apprx. 10 oz.) | 3 ½ cups fat free chicken broth |
| 1 cup frozen whole kernel corn | 1 can diced tomatoes |
| 1 can black beans (drained) | 1 can condensed tomato soup, undiluted |
| ¼ cup dry white wine | 1 ½ cups milk |
| 1 tbs chopped seeded jalapeno pepper | ½ cup instant potato flakes |

Heat oil in a large pot over med high heat. Add onion and garlic; sauté 2 min. Stir in chicken and remaining ingredients, bring to boil. Reduce heat, and simmer 1 hour. Ladle soup into bowls; top with crushed tortilla chips, sour cream and shredded cheese.