



Tucson Tortilla Soup

INGREDIENTS:

1 ½ tsp.	Olive oil
½ each	Onion, diced large
1 ½ tsp.	Minced garlic
16 oz.	Diced tomatoes with their juices ½ cup Vegetable stock or broth
½ cup	Green chilies, diced
3/8 tsp	Baking soda
2 Tbsp.	Fresh cilantro, chopped ¾ tsp. Dried oregano
¼ cup	Fat free half and half
1 cup	Skim milk
3 each	Corn tortillas, cut into thin strips and oven baked
1 oz.	2 % Sharp cheddar cheese

PREPARATION:

- In a medium pot, heat olive oil
- Add onions and garlic and sauté until lightly browned
- Add tomatoes, chilies, and stock to the pot and bring it to a simmer
- Stir in baking soda and let foam 4-5 minutes (this step is important - make sure it foams for 4-5 minutes)
- When foam subsides, stir in half and half and skim milk.

Chef's note: For garnish serve 1 cup of soup with cheddar cheese and tortilla chips on top.

Number of servings: 5

Serving size: 1 cup

Calories: 96

Fat grams: 3.5

