

# Mexican Chicken Tortilla Soup

Yield: 6 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/swanson-mexican-chicken-tortilla-soup-recipe>

## Ingredients:

- 3 teaspoons vegetable oil
- 2 garlic cloves minced
- 1 tablespoon tomato paste
- 1 cup diced tomatoes with liquid, from a 15-ounce can
- 4 teaspoons chili powder
- 10 cups chicken broth
- 4 cups chicken shredded
- coarse salt
- Coarse salt and ground pepper
- 3 corn tortillas cut into thin strips
- 1/2 avocado thinly sliced
- 2 ounces cotija cheese crumbled, 1/3 cup
- 1/4 cup cilantro leaves fresh
- 1 scallion thinly sliced
- lime wedges for serving

## Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 105 milligrams
4. Fat: 16 grams
5. Fiber: 4 grams
6. Protein: 43 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 550 milligrams
9. Sugar: 2 grams

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