

Martina McBride's Creamy Chicken Tortilla Soup

Yield: 8 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-recipe-for-turnip-green-soup>

Ingredients:

- 1 1/4 pounds boneless, skinless chicken breasts
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 4 cups chicken broth
- 1 tablespoon canola oil
- 1 yellow onion medium, chopped
- 1 jalapeno seeded and chopped
- 3 garlic cloves chopped
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 14 1/2 ounces tomatoes with diced green chiles, undrained
- 1/3 cup masa harina
- 1 1/3 cups milk
- 15 ounces black beans drained and rinsed
- 16 ounces pinto beans drained and rinsed
- 1 cup frozen corn or fresh
- 2/3 cup heavy cream
- 1/3 cup sour cream
- shredded cheese Garnishes: sour cream, diced avocado, cilantro, lime wedges, corn tortilla chips, hot sauce, optional

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 90 milligrams
4. Fat: 18 grams

5. Fiber: 6 grams
 6. Protein: 27 grams
 7. SaturatedFat: 9 grams
 8. Sodium: 730 milligrams
 9. Sugar: 6 grams
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