



Cheesy Chicken Tortilla Soup

This thick, family-pleasing soup is bursting with flavor!

1. Prepare and freeze

- In Bag 1, combine chicken, chips and corn.
- In Bag 2, combine cheese spread, tomatoes and rub.
- Seal Bag 2 and place into Bag 1; seal. Freeze for up to three months.

2. Finish and serve!

To cook and serve immediately

- Add contents of Bag 2 and broth to **(4-qt.) Casserole**. Bring to a simmer over medium heat; cook 12-14 minutes or until cheese is melted and mixture is smooth, stirring occasionally.
- Add contents of Bag 1 to Casserole; simmer 4-6 minutes or until soup is thickened.
- Serve soup with optional toppings, if desired.

To cook and serve from freezer

- Cook contents of Bag 2 and broth as directed above, whisking occasionally using **Silicone Sauce Whisk**.
- Add contents of Bag 1 and cook as directed above, breaking chicken apart as necessary using **Bamboo Spatula**.
- Serve soup with optional toppings, if desired.

Yield: 6 servings

Nutrients per serving (excluding optional ingredients):
Calories 370, Total Fat 16 g, Saturated Fat 7 g, Cholesterol 75 mg,
Carbohydrate 29 g, Protein 30 g, Sodium 1770 mg, Fiber 2 g

Cook's Tip: Pasteurized process cheese spread can usually be found in the cracker aisle in most major grocery stores.

To prepare and freeze

- 1 portion *Make-Ahead Chicken*
- 3 cups tortilla chips, finely crushed
- 2 cups frozen corn kernels
- 8 oz pasteurized process cheese spread, cut into 1-in. cubes
- 1 can (14.5 oz) diced tomatoes with green chilies
- 2 tbsp **Chipotle Rub**

To finish and serve

- 2 cans (14 oz each) reduced-sodium chicken broth
- Optional toppings, such as shredded cheddar cheese, snipped fresh cilantro, diced tomatoes and additional crushed tortilla chips