

Spicy Salmon Tortilla Soup: 15 Minute Meal



INGREDIENTS:

1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional pack salmon OR 2 cans or pouches (6 oz. each) skinless, boneless salmon
1 can (12 oz.) evaporated skim milk
1 can (14.5 oz.) fat-free chicken broth
1 can (10 oz.) diced tomatoes and green chilies
1 can (15 oz.) black beans, drained and rinsed
1 can (11 oz.) "Mexicorn" (corn, red and green bell peppers), drained
2 teaspoons lemon juice
1/4 teaspoon natural hickory liquid smoke, if desired
3 to 4 cups baked tortilla chips

Spicy Salmon Tortilla Soup: 15 Minute Meal

DIRECTIONS:

Drain and chunk salmon, removing skin and bones (if any). In large saucepan, add all ingredients except salmon and tortilla chips. Bring to boil over medium heat, stirring occasionally. Reduce heat to simmer and cook 5 minutes. Stir salmon into soup, heat through. Ladle into soup bowls. Top each bowl with 1/2 cup tortilla chips. Makes 11 cups, 6 to 8 servings.

NUTRITIONAL INFORMATION:

Nutrients per serving: 319.4 calories, 11.1g total fat, 2.8g saturated fat, 31% of calories from fat, 38.5mg cholesterol, 21.8g protein, 33.9g carbohydrate, 5.6g fiber, 1337.7mg sodium, 336.2mg calcium and 1.1g omega-3 fatty acids.