



Cooking Demo Tortilla Soup



Warm up with super soup!

Eating soup is a great way to practice eating slowly and really savoring the flavor. This healthy soup recipe can be thrown together in about 15 minutes and is bursting with flavor.

Ingredients:

- 1 tablespoon olive oil
- 4 garlic cloves, minced
- 1 tablespoon chili powder
- 2 cans (14.5 oz each) diced tomatoes in juice
- 2 cans (15 oz each) black beans, rinsed and drained
- 1 can reduced sodium vegetable broth
- 10 ounces frozen corn
- 1 cup of crushed tortilla chips
- 1 tablespoon lime juice

Nutrition Facts	
Serving Size: 1½ cups	
Calories	325
Total Fat	10 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	0 g
Sodium	400 mg
Potassium	793 mg
Total Carbohydrate	55 g
Dietary Fiber	10 g
Sugars	8 g
Protein	11 g

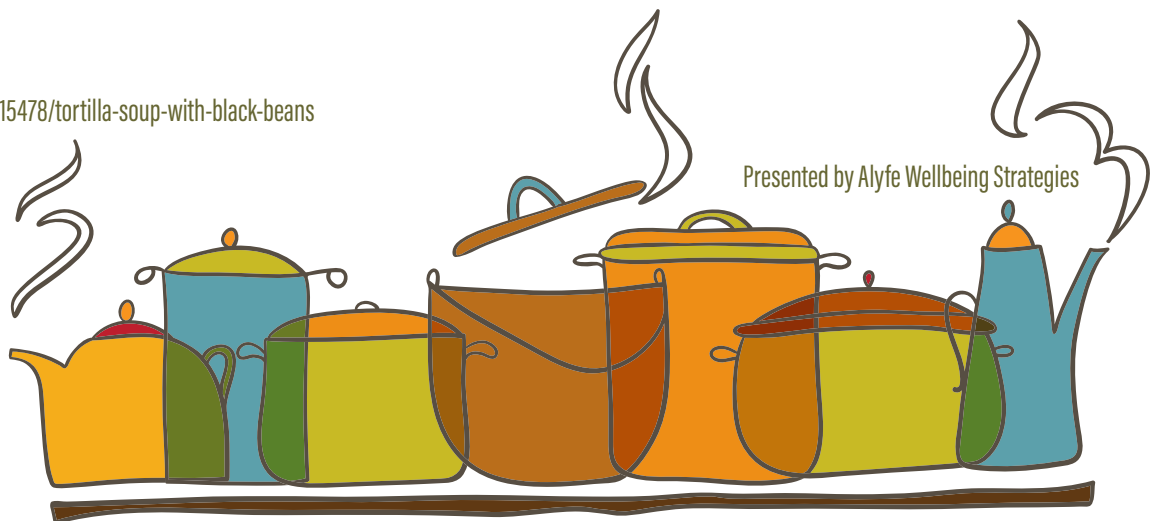
Directions:

1. In a large saucepan, heat oil over medium. Cook garlic and chili powder until fragrant, about one minute. Add tomatoes (with juice), beans, broth, and corn.
2. Bring soup to a boil; reduce to a simmer. Add tortilla chips; cook until softened, about two minutes. Remove from heat; stir in lime juice, and season with salt and pepper.

If you are looking for a meatless meal, look no further. The beans from this recipe boost the protein in this meal, and provide fiber to help you feel full. You may be tempted to plop a dollop of sour cream on this soup, but try adding a dollop of low-fat plain Greek yogurt or a few slivers of avocado instead!

Recipe From: <http://www.marthastewart.com/315478/tortilla-soup-with-black-beans>
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Presented by Alyfe Wellbeing Strategies



Warm Up with Super Soup!

Soup is often thought of as the best food to eat when you're sick, but it's much more than just a remedy for the common cold.

- **Budget friendly:** one pot can go a long way and often taste even better as left overs the next day. Soup is a great way to re-purpose leftovers; pasta, beans, vegetables, and lean meats can all be added to make a hearty soup.
- **Boost veggie intake:** soup is a great way to sneak vegetables into picky eaters. Try pureeing cooked vegetables and adding them to soup to make it creamy.
- **Quick and easy meal:** Utilize low-sodium canned vegetables or pre-chopped frozen vegetables for easy no-prep ingredients. Cooking a meal in one pot means fewer dishes and less clean up.
- **Promotes mindful eating:** smell, taste, touch, sight- soup satisfies them all. A hot pot of soup will create a wonderful aroma that fill your home. It's not easy to eat soup quickly, eating soup is a great way to make yourself slow down and savor the flavor.
- **Helps control your waistline:** broth based or low-fat milk based soups are typically low in calories. Adding lots of vegetables to your soup amps up the flavor and the fiber which will help keep you feeling full.

Choosing a Healthful Can of Soup: A Step-by-Step Guide

Don't have time to make soup? Make sure you know how to choose a healthful can of soup.

Step 1: Find the nutrition facts label.

Step 2: Check the calories per serving. Make sure that the soup fits nicely into your calorie budget.

Step 3: Check sodium. Look for a soup with less than 500mg sodium per serving. The Dietary Guidelines for Americans recommends limiting sodium to 2300 mg per day.

Step 4: Check Total Fat. A low-fat soup is one with less than 3g total fat.

Step 5: Check Trans-fat: Look for 0g trans-fat and make sure the word "partially hydrogenated" is not in the ingredients list

Step 6: Check the serving size when dishing out your portion. Many cans of soup contain 2 servings.

