

## Avocado Tortilla Soup

(Makes 8 servings at 1 cup each)

- 3 (14-ounce) cans low-sodium chicken broth
- 2 (10<sup>3</sup>/<sub>4</sub>-ounce) cans low-sodium condensed tomato soup
- ½ bunch cilantro, leaves only
- 3 cloves garlic, finely chopped
- ½ teaspoon ground black pepper
- 1 ripe avocado, peeled, pitted and chopped
- 8 corn tortilla chips, crumbled



1. In a large pot over high heat, combine chicken broth, tomato soup, cilantro, garlic and ground black pepper. Bring to a boil, then reduce heat and simmer for 10 minutes.
2. Cool slightly, and then puree small batches in a blender.
3. Return to pot and add avocado. Heat thoroughly.
4. Ladle into soup bowls and sprinkle with crumbled tortilla chips.
5. Serve warm or chilled.

Adapted from: *Everyday Healthy Meals, Network for a Healthy California, 2007*



Funded by the USDA's Food Stamp Program, an equal opportunity employer and provider.



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