

The Whole Enchilada Chicken Soup

Ingredients:

3 cups fat-free chicken broth

1 1/4 cups finely chopped celery

1/2 cup diced sweet yellow onion

3 cups green enchilada sauce

One 15-oz. can pure pumpkin

10 oz. cooked boneless skinless lean chicken breast, chopped or shredded

1 cup frozen white (or yellow) corn

Optional: dash hot sauce, or more to taste

Optional toppings: shredded fat-free cheddar cheese, crushed baked tortilla chips

Directions:

In a large pot, bring broth to a low boil on the stove. Add celery and onion, and simmer for about 5 minutes, until slightly tender.

Stir in enchilada sauce and pumpkin. Once soup returns to a low boil, add chicken and corn, and mix well. Cook for an additional 3 - 5 minutes, until soup is heated throughout.

Add a dash or more hot sauce. (Or not. It's your soup.) Serve and, if you like, top with shredded cheese and/or crushed chips.

Enjoy!!!

MAKES 9 SERVINGS @ 2 points, 3 pointsplus 1 cup servings

