

Dinner Tonight!

Spicy Tortilla Soup

1/2 cup onion, diced	1 teaspoon ground cumin
1/2 pound lean ground meat, cooked & drained	1 teaspoon chili powder
2–15 ounce cans crushed tomatoes	1/2 teaspoon salt
2 cups low-sodium chicken broth	1/2 teaspoon garlic powder
1 cup salsa	1/2 teaspoon ground pepper

In a large sauce pan, sauté the onion for several minutes over medium-high heat. Add the cooked meat, tomatoes, chicken broth, salsa and spices. Cover and simmer for 20 minutes. Garnish and serve hot or refrigerate leftovers in shallow containers.

Optional: garnish with reduced-fat cheese and avocado slices

Preparation Time: 10 minutes
Cook Time: 20 minutes
Serves: 6 portions (1 $\frac{1}{3}$ cup each)
Cost per serving: \$0.69

Nutrition facts per serving
Calories: 180
Total Fat: 4 g
Cholesterol: 30 mg
Sodium: 420 mg
Total Carbohydrate: 24 g
Protein: 16 g

Serve with: low-fat cornbread or corn tortillas