

Cheesy Chicken Enchilada Soup

Servings: 3

Adapted from Betty Crocker

Ingredients

1 can condensed reduced-fat, reduced-sodium cream of chicken soup

1 can enchilada sauce

1 can black beans, drained and rinsed

1/2 cup fat-free or reduced-fat milk

1/2 cup water

1 package southwestern flavored chicken strips, chopped

1/2 cup shredded reduced-fat cheddar or Mexican blend cheese

Tortilla chips

Preparation

1) In a pot, mix together all ingredients, except tortilla chips.

2) Cook over medium heat, stirring occasionally, until thoroughly heated and cheese is melted.

3) Serve with tortilla chips.