

# NACHO SOUP



## Allergy information

Milk and wheat \*(gluten presence of allergens can vary by brand – always check product labels. If you serve food outside the home, you must make information available when asked).

Serves 4 with leftovers

## Ingredients

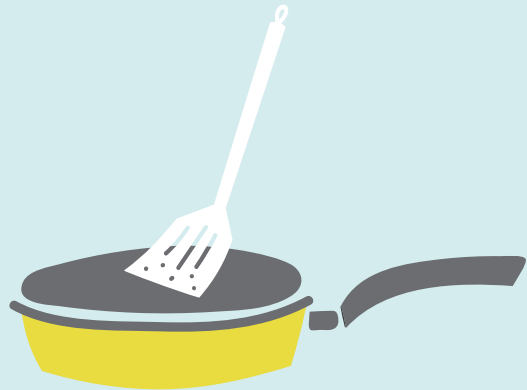
- 1 reduced salt veg stock cube
- 500ml boiling water
- 2 large skinless chicken breasts
- 400g can chopped tomatoes,
- 380g can black beans (drained)
- 200g can sweetcorn
- 1 onion
- 1 red chilli or ½ 5ml spoon of chilli powder (or more if you like it hot)
- Black pepper to taste

### To serve:

- 2 corn tortillas NB not all corn tortillas are gluten free – always check
- 150ml low fat Greek style natural yoghurt
- 100g grated low fat strong cheddar cheese

## Equipment

- Chopping board
- Sharp knife
- Measuring spoons
- 500ml jug
- Kettle
- Slow cooker or casserole dish
- 2 forks
- Grater
- Frying pan
- Spatula



## Method

1. Peel and chop the onion, and chop the fresh chilli if using
2. Dissolve the stock cube in 500ml boiling water
3. Put all the ingredients into a slow cooker or a casserole dish. Wash your hands after handling raw meat
4. Cook for 5 hours in the slow cooker or in the oven on a low heat 150C
5. Just before you are ready to eat. Cut the corn tortillas into triangles or strips and dry fry in a frying pan until crispy
6. Grate the cheese
7. Once cooked, use 2 forks to separate the chicken, and dish up into big soup bowls
8. Serve with the dry fried triangles/ strips of flour or corn tortillas, a sprinkle of grated cheese and a dollop of low-fat Greek style yoghurt.



## Tips and alternatives

- Have you got some leftover cooked chicken? Why not swap out the raw chicken breast and add in cooked chicken at the end, or make this a vegetarian version and omit the chicken altogether? Don't like beans leave them out, love sweetcorn add two tins.
- Have you got lots of hungry people to feed? No problem bulk up the recipe with extra veggies like peppers and add some kidney beans too.
- For extra sides why not try some guacamole or for a bit of extra heat add some Jalapenos.
- This soup is so versatile! It makes a great summer or winter dish for a family meal or a celebration.