

Refried Soup
By: Dottie Baltz

Makes 12 servings, 1 cup = serving

- ~ 1 cup onions, diced
- ~ 1 can fat free refried beans
- ~ 6 cups low sodium chicken broth
- ~ 1 can (14.5 oz.) diced tomatoes
- ~ 4 cups baked tortilla chips
- ~ 1/2 cup shredded Monterrey Jack cheese
- ~ 1/4 cup fresh cilantro

Saute onions for 5 minutes in a large non-stick stock pot. Add beans, broth and diced tomatoes and cook until heated through, about 5-10 minutes longer.

Place a hand full of tortilla chips in a bowl and pour one cup of soup over the chips. Garnish with shredded cheese and cilantro. Also great with a dollop of fat free sour cream.

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