

## Chicken Tortilla Soup (adapted from foodnetwork.com)

1 1/2 teaspoons ground cumin  
About 1 1/4 teaspoons chili powder  
1/2 teaspoon garlic powder  
1/2 teaspoon salt, plus more to taste  
2 whole chicken breasts (I boil mine and remove the bones and skin, then shred)  
1 tablespoons olive oil  
1 cup diced onion  
1/4 cup diced green bell pepper  
1/4 cup diced red bell pepper  
3 cloves garlic, minced  
One 10-ounce can diced tomatoes with green chilies, such as Rotel  
4 cups low-sodium chicken broth  
4 cups hot water  
Two 15-ounce cans black beans, drained  
1 small can tomato paste  
4 oz. Velveeta (if desired)

Mix together the first 4 ingredients. Heat the olive oil in a large pot over medium-high heat. Throw in the onions, green and red bell peppers and garlic, along with one tablespoon of the spice mixture. Add a little extra chili powder (about 1/4 teaspoon) for heat. Stir to cook the vegetables until they begin to turn golden brown, about 5 minutes. Add the chicken and diced tomatoes, juice and all. Add the chicken broth, hot water tomato paste, and Velveeta (if desired). Add the remaining spice mixture. Stir to combine and bring the mixture to a boil. Reduce the heat to low. Add the drained black beans. Then simmer the soup for 10 to 15 minutes. Give it a taste and add salt or seasonings as needed; be sure to not under salt it!

Serves 8