

Sopa De Maiz



Servings: 12

7 cups Corn Kernels, Frozen (2 16 Oz. Pkgs will do it)

2 cups Chicken Stock

4 4 Oz. cans Green Chilies

3 cans Evaporated Milk, Light

2 cloves Garlic, Minced

2 teaspoons Oregano, Whole Salt

Black Pepper

3 whole Boned Chicken Breast, Cooked (cut into bite size pieces)

Monterey Jack Cheese, Cubed

Tortilla Chips, Fresh

Tomatoes, Diced

1/2 cup Butter

Cook Time:

1. In batches, puree corn, stock, and chilies in blender.
2. Slowly melt butter in soup kettle, add corn puree mixture, and simmer for five minutes.
3. Add evaporated milk, garlic, oregano, and salt and pepper to taste, and bring to boil.
4. Reduce heat, add chicken breasts chopped into bite sized pieces, and simmer for five minutes.
5. Divide tomatoes and cheese into bowls and ladle soup over. Add parsley and tortilla chips broken.

Per Serving (excluding unknown items): 234 Calories; 13g Fat (47.0% calories from fat); 7g Protein; 26g Carbohydrate; 2g Dietary Fiber; 39mg Cholesterol; 507mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 1/2 Non-Fat Milk; 2 1/2 Fat.