into 3 Super Bowls!

rty, make-ahead soups lgame munchies.

THER IT'S THE game, commercials nalf-time extravaganza that we love, st of us will indulge in fun, food and nday during the Super Bowl telecast. 's the day after the Big Day, when are said to jump 20%, and 6% of the ls in sick (no stats are available on h they had).

luring and after the game by offering rowd-pleasing soups — chicken tornion or clam chowder. Each will nours more than chips. All can be made in unlike leftover junk food, these soups ppealing meal for days to come.

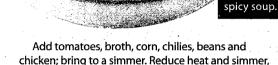
■ Chicken Tortilla Soup

- 2 Tbs. olive oil
- 2 medium-large onions, cut into medium dice
- 4 large garlic cloves, minced
- 4 tsps. chili powder
- 2 tsps. dried oregano
- 2 28-ounce cans crushed tomatoes (try fire-roasted)
- 1 quart chicken broth

- 1 16-ounce package frozen corn
- 2 4-ounce cans areen chilies. chopped
- 2 15.5-ounce cans black beans
- 4 cups shredded. cooked chicken
- 1/2 cup chopped fresh cilantro

Tortilla chips, to serve

Heat oil in large soup kettle over medium-high heat. Add onions; sauté until tender, about 4 minutes. Add garlic cloves, chili powder and oregano; sauté 1 minute longer.



Stir in cilantro; let stand a couple of minutes. (After cooling, the soup can be refrigerated for up to 3 days.) Serve warm with tortilla chips.

partially covered, to blend flavors, about 20 minutes.

MAKES 4 QUARTS, SERVING 10 = PER SERVING: 320 calories. 27q protein, 39g carbohydrates, 7g fat (1g saturated), 48mg cholesterol, 10g fiber, 1,188mg sodium

CookSmart continues on next page



Instead of

hot wings,

serve this

