

CookSmart

By PAM ANDERSON

into 3 Super Bowls!

arty, make-ahead soups
dgame munchies.

OTHER IT'S THE game, commercials
half-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
sh they had).

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

■ Chicken Tortilla Soup

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|-----------------------------------------------------|---------------------------------------|
| 2 Tbs. olive oil | 1 16-ounce package frozen corn |
| 2 medium-large onions, cut into medium dice | 2 4-ounce cans green chilies, chopped |
| 4 large garlic cloves, minced | 2 15.5-ounce cans black beans |
| 4 tsps. chili powder | 4 cups shredded, cooked chicken |
| 2 tsps. dried oregano | ½ cup chopped fresh cilantro |
| 2 28-ounce cans crushed tomatoes (try fire-roasted) | |
| 1 quart chicken broth | 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.



Instead of hot wings, serve this spicy soup.

Add tomatoes, broth, corn, chilies, beans and chicken; bring to a simmer. Reduce heat and simmer, partially covered, to blend flavors, about 20 minutes.

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.

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

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