

## Quick Mexican-Style Soup

Serves: 4

### Ingredients

14-ounce can fat-free, low-sodium chicken broth  
1 large tomato seeded and diced  
4-ounce can chopped mild green chilies  
¼ cup snipped fresh cilantro  
1 to 2 Tbsp. fresh lime juice  
½ Tbsp. olive oil (extra-virgin preferred)  
¾ tsp. ground cinnamon

In a medium saucepan, bring the broth to a boil over high heat. Stir in the tomato and green chilies. Return to a boil. Remove from heat.

Stir in the remaining ingredients. Let stand, covered, for 5 minutes to allow the flavors to blend.

Per serving: 35 calories, 1 g protein, 4 g carbohydrates, 2 g total fat (0 g saturated fat), 0 mg cholesterol, 2 g fiber, 132 mg sodium.