

# Bariatric Advantage Tortilla Soup Recipe



## Ingredients

**1 Cup of Chicken Broth**

**1 Cup of water**

**1 Scoop of Bariatric Advantage KETO Protein Soup Mix**

**1-1/2 Corn Tortillas chopped in very small pieces (1cm)**

**¼ White Onion chopped**

**1 Green Onion chopped**

**1 Small Tomato chopped**

**1 / 2 Cup Cooked Chicken Breast chopped in small pieces**

**½ tsp. Cumin**

**½ tsp Garlic Powder**

**1 TBS. Canola Oil**

**Salt and Pepper to Taste**

**In large saucepan add oil and onions sauté until transparent, 2) Add Tomatoes and tortillas 3) Add ¼ cup of broth and simmer 4) Mash ingredients with potato masher. 5) Use ½ cup of water and dissolve Ketogenx soup mix using whisk 6) Add other ingredients with the rest of broth and water, chicken. Cumin Garlic, Salt & Pepper, Simmer for 15 Minutes**

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