

Chicken Sopa

Caroline Semon

The Church of St. Michael and St. George - St. Louis, MO - 1980

Servings: 8

*1 pint sour cream
3 cans (10 ounce ea)
tomatoes and green chilies
1 onion, finely chopped
1 cup Monterey Jack
cheese, grated
4 cups (6 breasts) cooked
chicken, shredded
8 to 10 corn tortillas,
softened in hot oil and cut in
half*

Preheat the oven to 325 degrees.

Lightly grease a three-quart casserole dish.

In a bowl, mix the sour cream, tomatoes and chilies, onion and chicken.

Line the bottom of the casserole dish with tortillas, slightly overlapping. Spread one-half of the chicken mixture over the top. Add a second layer of tortillas and the remaining chicken mixture. Top with the grated cheese.

Bake for one hour.

(This dish may be prepared ahead of time and frozen. Allow to defrost at room temperature for two hours and bake for one hour.)

Per Serving (excluding unknown items): 358 Calories; 20g Fat (50.8% calories from fat); 28g Protein; 15g Carbohydrate; 2g Dietary Fiber; 98mg Cholesterol; 201mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 3 Fat.