Rosita’s Tortilla Soup

From the kitchen of Rosita Arreguin, San Antonio
Preparation time: 20 minutes
Number of servings: 8

**Ingredients:**
- 6 cups water
- 2 medium tomato, chopped
- ½ medium onion, chopped
- 4 branches cilantro, cut
- 2 Serrano chilies, chopped
- ½ can tomato paste
- ¾ cups shredded mozzarella cheese
- 6 corn tortillas cut into squares
- Salt and pepper to taste (optional)

**Preparation:**
1. Bring water to a boil. Add tomato, cilantro, chilies, onion, and tomato paste to boiling water.
2. Cook 15 minutes over medium flame, stirring frequently. Cover but leave lid cracked to prevent boiling over.
3. Toast tortilla squares in oven for 1-2 minutes.
4. Add tortillas and cheese to soup just before serving. Add salt and pepper, if desired.

**Nutrition information per serving:**
- FAT: 30% of calories from fat (low)
- FIBER: 2 grams (high)
- CALORIES: 125

**TIP**
*Use low-fat cheese to keep the fat content down.*