

This [spicy chicken tortilla soup](#) is high in protein, fiber and flavor. And it doesn't require a single fresh ingredient. Ordinarily, that might not be so appealing, but when the apocalypse has struck, and there are no fresh meat or vegetables to be had, it will seem like a feast. (And actually, it's pretty tasty.)

Chicken Tortilla Soup

Makes 8 to 10 servings

- 1 can (15 ounces) pinto beans, drained and rinsed
- 1 can (15 ounces) black beans, drained and rinsed
- 1 can (15 ounces) crushed tomatoes
- 1 can (10 ounces) diced tomatoes and green chiles
- 1 can (5 to 7 ounces) diced green chiles
- 1 can (15.25 ounces) whole-kernel corn
- 1 can (29 ounces) white hominy, drained (optional)
- 1 quart container (32 ounces) chicken broth
- ½ of a 15-ounce jar of salsa
- 2 tablespoons dried onion flakes
- 1 tablespoon dried oregano
- 1 teaspoon garlic powder
- 1 can (12 ½ ounces) chicken, drained
- 1 cup water
- 1 bag of your favorite corn chips
- (Sour cream if you want to cheat)

In a large pot, combine all ingredients except chicken, water and corn chips and mix together well. Use a fork to shred chicken from the can into the pot. Add water.

Bring soup to a boil, reduce heat, partially cover and simmer, stirring occasionally, until flavors have blended to your satisfaction (at least half an hour).

Serve corn chips for crushing over soup (and sour cream if you wish).



This soup is made entirely with shelf-stable items. It's as easy as opening up a few cans, measuring a couple of seasonings and heating on the stove.