

Keywords: Applesauce, Blueberry Muffin Mix, Chicken, Chicken Broth, Cream of Celery, Egg Beaters, E-Mealz, Low-Fat, Main Dishes, Make Ahead, Poultry Seasoning, Quick Meal, Slow Cooked, Soups, Tortillas

Yield: 6 servings

Preparation Time: 20 Min using pre cooked chicke

Cooking Time: 2 hours

Ingredients

| | |
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| 3 cans | Chicken Broth, 14 oz |
| 3 cups | Chicken Breast or cooked chicken, shredded |
| 1 cans | Cream of Celery Soup, Fat Free 10 oz. |
| 1/2 tsp | Poultry Seasoning |
| 4 | Tortillas, Fat Free Medium size |
| 1 box | blueberry muffins mix |
| 1/4 cups | egg substitute |
| 1/4 cups | applesauce |

Procedure

1. Cook Chicken breasts and shred or use rotisserie chicken to make 3 cups shredded.
2. In soup pot, combine first 4 ingred over med-high.
3. Bring to boil; reduce; simmer 15 min (cook about 1 hour if using raw chicken breasts).
4. Stack tortillas; cut into 2x1 inch strips.
5. On low boil, drop strips into broth 1 at a time.
6. Simmer 10 min.
7. Stir to prevent sticking.
8. Add water if too thick.
9. Prepare muffins as package directs for low fat.