
Here's a quick and easy recipe that works as a pantry meal even when there is not a disaster! It's high in fiber, antioxidants and protein! Add hot sauce for extra kick and serve with heart healthy cornbread (see Nutrition Clinic website for that recipe!)

Six Can Chicken Tortilla Soup **Makes 6 servings**

- 1 (15 ounce) can whole kernel corn, drained
- 2 (14.5 ounce) cans chicken broth
- 1 (10 ounce) can chunk chicken
- 1 (15 ounce) can black beans
- 1 (10 ounce) can diced tomatoes with green chile peppers, drained

Open the cans of corn, chicken broth, chunk chicken, black beans, and diced tomatoes with green chilies. Pour everything into a large saucepan or stock pot. Simmer over medium heat until chicken is heated through.

Per serving= 222 calories, 6 g fat, 29 mg cholesterol, 1425 mg sodium, 7 g fiber , 18 g protein

Pantry Gazpacho Soup

Makes 5 servings

This flavorful cold soup recipe is made from easily stored canned and pantry ingredients so it can be made even during a physical emergency. It's very low in fat and packed with antioxidant nutrients from the onion, corn, tomatoes and vegetable cocktail juice.

- 14 oz. can diced tomatoes, undrained
- 1 red onion, chopped
- 11 oz. can corn, drained
- 1 garlic clove, minced
- 1 Tbsp. olive oil
- 1 Tbsp. white wine vinegar
- 3 cups vegetable cocktail juice
- 6 oz. can tiny shrimp, drained
- 1 cup garlic croutons

In a large glass bowl, combine all ingredients except croutons and mix gently. Cover and refrigerate for 4 hours to blend flavors or serve immediately. Top with croutons before serving.

And one more tasty recipe from Kraft Foods that can easily be put together easily.

Bruschetta Chicken Bake **Makes 6 servings**

- 1 and ½ pound skinless chicken breasts, cubed
- 1 pkg. (6 ounces) stuffing mix for chicken
- 1 and ½ c. water
- 1 tsp. Italian seasoning
- 2 cloves garlic, minced
- 1 can (28 ounces) Italian-style stewed tomatoes, well drained
- ½ cup shredded part-skim Mozzarella cheese

Preheat oven to 400 degrees (this could also be made in cooking bag on the grill). Place chicken in 13x9-inch baking dish. Sprinkle with Italian seasoning. Combine stuffing mix and water. Spread stewed tomatoes and garlic over chicken. Sprinkle with shredded cheese. Top with stuffing mix. Bake 30 minutes or until chicken is cooked through.