

Chicken Tortilla Soup

Yields 4 Servings



Ingredients

- 1 medium white onion, diced*
- 2 cloves garlic, minced
- 2 jalapeños, seeded and diced
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 10 oz. can diced tomatoes with green chilies
- 14.5 oz. can diced tomatoes
- 14.5 oz. can yellow corn, drained
- 14.5 oz. can black beans, drained and rinsed
- 3-6 cups chicken broth
- ½ cup sliced Spanish green olives
- 1 pound frozen boneless, skinless, chicken breasts
- Lime wedges

Tortilla Strips

- 6 corn tortillas
- Olive oil
- Salt & pepper
- Taco seasoning

Notes

*If using frozen onions, measure about 1 ¼ cup

**Topping ideas: Sour cream, Mexican blend shredded cheese, avocado slices, sliced scallions, cilantro

Directions

1. In a large stock pot over medium heat, heat the onion until wilted and slightly golden on the edges. Add the garlic and cook until fragrant.
2. Add the jalapeños, cumin, chili powder, salt & pepper and stir until fragrant and a darkened crust forms at the bottom of the pan.
3. Add both cans of tomatoes, juices and all, and scrape the bottom of the pot to release the darkened crust. Stir in the corn, beans, 3 cups of broth, and olives.
4. Bring to a boil, cover and simmer for 90 minutes, stirring about every 20 minutes.
5. While the soup is simmering, drop the chicken into boiling water and boil until the chicken is thoroughly cooked. Stir occasionally to prevent overflow. While the chicken is still hot, place them into an electric mixer fitted with the paddle attachment. Turn to high until the chicken is uniformly shredded.
6. After 90 minutes of simmering the soup, add the shredded chicken and 2 cups of chicken broth. Bring back to a boil and continue simmering for an additional 30 minutes. If the soup is low on liquid at the end of 30 minutes, add the remaining cup of broth. Serve individual portions hot with a squeeze of lime juice and other desired toppings **

Tortilla Strips

1. Pre-heat oven to 350°F. Cut tortillas into strips and place on a lined baking sheet. Sprinkle with olive oil, salt, pepper, and taco seasoning.
2. Bake for 10 minutes. Toss the strips and bake for an additional 10 minutes. Turn off the oven and allow the strips to cool inside the oven until ready to serve.