

Chicken Tortilla Soup

About 8-10 Servings

Ingredients:

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| 2 whole boneless,
skinless chicken breasts | 1 tsp chili powder |
| 1 Tbsp olive oil | ½ tsp garlic powder |
| 1½ tsp cumin | ½ tsp salt |
| | Olive oil |
- 1 medium Anaheim, poblano or jalapeño
chile, seeded, veins removed, chopped
1 cup diced onion
¼ cup diced green bell pepper
¼ cup diced red bell pepper
3 cloves garlic, minced
1 corn on the cob (or about 1 cup frozen or fresh corn kernels)
- 1 (28-ounce) can stewed tomatoes
(e.g., Rotel Tomatoes And Green Chilies)
1 (8-ounce) can tomato sauce
3 cups low sodium chicken stock
2 (15-ounce) cans black beans, drained
3 Tbsp cornmeal
5 whole corn tortillas, cut into uniform strips around 2 To 3 inches



Instructions:

To Prepare Chicken:

Mix cumin, chili powder, garlic powder, and salt in a small bowl. Drizzle 1 table-spoon olive oil on chicken breasts, and then sprinkle a small amount of spice mix on both sides. Set aside the rest of the spice mix. Bake in 375 degree oven or grill on medium heat. Cook for 20 to 25 minutes or until chicken is done. Shred chicken into smaller pieces and set aside.

To Prepare Vegetables:

If using corn cob, rub with olive oil then sprinkle with spice mix and grill over medium heat about 15 minutes, turning often. Use knife to remove kernels from grilled cob. If using fresh or frozen kernels, gently toss with a sprinkle of spice mixture in a small bowl.

Heat 1 tablespoon olive oil in a pot over medium high heat. Add chile, onions, red pepper, green pepper, minced garlic and sauté. Add the rest of the spice mix and corn kernels after other vegetables are tender.

To Make Soup:

Add shredded chicken and stir. Pour in tomatoes, chicken stock, tomato paste, and black beans. Bring to a boil, and then reduce heat to low. Simmer uncovered for 45 minutes.

Mix cornmeal with a small amount of water. Add to the soup, then simmer for an additional 30 minutes.

Five minutes before serving, gently stir in tortilla strips. Ladle into bowls, then top with garnish.

Garnish:

- sour cream
- diced avocado
- diced red onion
- salsa or pico de gallo
- grated Monterey jack cheese
- cilantro
- lime wedges

Cooking Tips:

- If you buy roast chicken for dinner, use the leftovers to make Chicken Tortilla soup the next day.
- A chili pepper's heat lies in the seeds. Retaining some of the chili seeds makes for a spicier variation.

