



CHICKEN TORTILLA SOUP

SERVES 6

Ingredients

2 TBS. OLIVE OIL
½ ONION DICED
2 CLOVES GARLIC, DICED
1 TBS CHILI POWDER
1 TBS. CUMIN
2 TSP DRIED OREGANO
1 TSP BLACK PEPPER
2 OZ. TOMATO PASTE
1 TBS CHIPOTLE PEPPERS IN
ADOBO
1 OZ CHICKEN BASE

1 QUART WATER
2 CORN TORTILLAS
4 OZ CORN, CANNED OR FROZEN
3 OZ. COOKED BLACK BEANS
1 SMALL TOMATO DICED
2 TSP SALT
5 OZ. COOKED CHICKEN BREAST,
DICED
2 OZ. CHOPPED CILANTRO

Method

IN A SMALL POT , OVER MEDIUM HEAT, HEAT OIL. ADD ONION AND GARLIC. SAUTE UNTIL ONION IS TRANSLUCENT, 3-5 MINUTES.

ADD CHILI POWDER, CUMIN, OREGANO AND BLACK PEPPER. SAUTE 2 MORE MINUTES.

STIR IN TOMATO PASTE AND CHIPOTLE. SAUTE 3 MINUTES, THEN ADD CHICKEN BASE. ADD WATER, CORN TORTILLAS, CORN, BEANS, DICED TOMATO AND SALT. BRING TO A BOIL.

REDUCE HEAT, SIMMER FOR 20 MINUTES. ADD CHICKEN AND SIMMER FOR 10 MINUTES. ADD CILANTRO.

