



Chicken Tortilla Soup

Level: Easy

Prep Time: 25 minutes

Serves: About 5

Cook Time: 40 to 50 minutes

Soup:

1 Tbsp. extra virgin olive oil

1 yellow onion, minced

3 cloves garlic, minced

1 tsp. ground cumin

1 tsp. ancho chili powder

$\frac{1}{2}$ tsp. ground coriander

1 (15 oz.) can crushed tomatoes in puree

1 (14.5 oz.) can fire roasted diced tomatoes with medium green chilies

2 to 3 (14.5 oz.) cans low sodium chicken broth

4 fresh boneless, skinless chicken thighs (not frozen)

1 (15.25 oz.) can whole kernel corn (golden sweet); liquid drained

1 (15 oz.) can black beans; liquid drained, rinse with water and drain again

Salt and ground black pepper, to taste (optional)



Recommended Toppings:

Sour cream

Shredded cheese (Mexican style blend)

Diced ripe avocados

Fresh cilantro, minced

Lime wedges (to squeeze juice over soup and toppings)

Flour tortillas (fried into tortilla strips)

To prepare soup: Heat olive oil in a large pot. Add minced onions and sauté on medium heat until translucent. Add minced garlic and cook for 1 minute, stirring continuously. Add the ground cumin, ancho chili powder, and ground coriander. Stir to combine with onions and garlic, and cook for 1 minute, stirring continuously. Add the crushed tomatoes, fire roasted diced tomatoes, 2 cans of low sodium chicken broth, and chicken thighs. Stir to combine. Cook on medium heat until mixture comes to a boil, then lower heat to simmer. Simmer uncovered until chicken is fully cooked, about 15 to 20 minutes. Remove cooked chicken thighs from soup, shred into pieces, and place shredded chicken back into soup. Add drained corn and black beans. Simmer on low heat for another 10 minutes, stirring periodically. If you prefer your soup to have a less thick consistency, add more low sodium chicken broth to your liking. Add salt and ground black pepper to taste, if desired. Ladle hot soup into individual bowls and serve with desired toppings.

To fry flour tortillas: Cut flour tortillas into bite-sized strips. Heat 2 to 3 Tbsp. extra virgin olive oil in a small sauté pan over medium heat. Add tortilla strips to hot oil in batches (do not overcrowd pan), frying and flipping over each strip until golden brown and crispy, about 1 to 2 minutes each side. Place fried tortilla strips on a paper towel lined plate to absorb excess oil.