

Chicken Tortilla Soup

Make a comforting and flavorful Tex-Mex soup in one pot and just 30 minutes!

Active Kitchen Time: 30 minutes

Yield: 4-6 servings

Shopping List

- 1 small onion
- 4 cloves garlic
- 2 Tbsp olive oil
- 1 tsp kosher salt
- 1 cup fresh or frozen corn
- 1 (7 oz) can mild diced green chiles
- 2 tsp cumin
- ½ tsp chili powder
- 3 Tbsp tomato paste
- 1 (15 oz) can diced fire-roasted tomatoes
- 4 cups chicken broth
- 2 chicken breasts (1½ lbs)
- 3 corn tortillas
- 1 avocado
- small bunch cilantro
- 1 cup shredded cheddar cheese

Supper Smarts



Flavor Town: Serve with hot sauce, sliced limes for squeezing, or pickled jalapenos to up the flavor and heat.



Mix it Up: Try adding in black beans, bell peppers, or butternut squash to bulk up and add dimension to the soup.



Speed it Up: Shred chicken using a stand mixer (use paddle attachment and let it go for about 2 minutes).



Speed it Up: Use the Instant Pot - put all ingredients in aside from toppings and put on poultry setting.

Dietary Modifications



Vegetarian: Use vegetable broth instead of chicken broth.

Replace chicken with 1 (15 oz) can black beans, drained. Add along with the tortilla strips in step 10.



Dairy-free: Replace cheddar with a dairy-free shredded cheddar cheese, such as So Delicious, Follow Your Heart, or Violife.

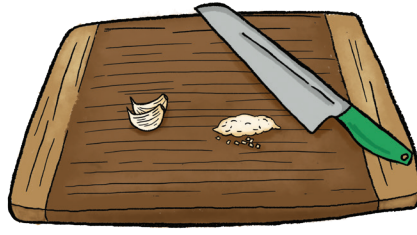
Chicken Tortilla Soup

1



Cut 1 small onion in half, trim away ends, and peel. Slice layers into strips. Dice into squares. Add to medium bowl.

2



Smash and peel 4 cloves of garlic. Mince and add to onions.

3



Heat 2 Tbsp olive oil in pot over medium-high heat.

4



Add onions, garlic, and 1 tsp kosher salt. Cook until softened, 5-7 minutes, stirring occasionally.

5



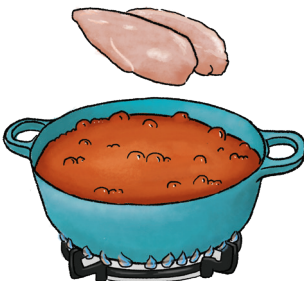
Add 1 cup corn, 1 (7 oz) can mild diced green chiles, 2 tsp cumin, ½ tsp chili powder, and 3 Tbsp tomato paste.

6



Add 1 (15 oz) can diced fire-roasted tomatoes, 4 cups chicken broth, and 1 cup water. Bring to boil.

7



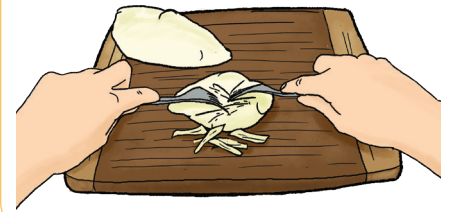
Add 2 chicken breasts (1 ½ lbs). Cover and reduce heat to medium-low. Simmer 15 minutes.

8



Remove chicken using tongs. Allow to cool slightly on cutting board.

9



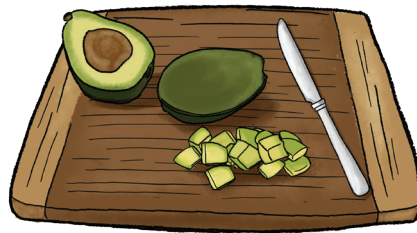
Use two forks to pull the meat apart and into small pieces. Return shredded chicken to pot.

10



Cut 3 corn tortillas in half, then into thin strips. Add to pot and cook 1-2 min, until soft. Turn off heat.

11



Use a butter knife to slice 1 avocado in half. Remove pit, scoop out avocado, and dice.

12



Mince 1 small bunch cilantro. Serve soup topped with avocado, cilantro, and 1 cup shredded cheese.
TASTE & SHARE!