

## Tortilla Soup

Simple Every Day | February 2007



*A belly-filling, soul-warming, 30-minute soup.*

PREP TIME: 30 MINUTES START TO FINISH

- 1 LARGE ONION, CHOPPED
  - 1 TBSP. GROUND CUMIN
  - 1 TBSP. COOKING OIL
  - 2 14-OZ. CANS REDUCED-SODIUM CHICKEN BROTH
  - 1 28-OZ. CAN FIRE-ROASTED DICED TOMATOES\*
  - 4 CUPS CHOPPED COOKED CHICKEN\*\*
  - 1 10-OZ. PKG. FROZEN SWEET WHOLE KERNEL CORN
  - 2 4-OZ. CANS DICED GREEN CHILE PEPPERS
- PURCHASED CORN TORTILLA CHIPS OR HOMEMADE BAKED CORN TORTILLA CHIPS (OPTIONAL)**

In a 5- to 6-quart Dutch oven cook onion and cumin in hot oil over medium heat for 5 minutes or until tender, stirring frequently. Carefully add broth, undrained tomatoes, chicken, corn, and undrained chile peppers. Bring to boiling; reduce heat. Simmer, covered, for 15 minutes. Season to taste with salt and ground black pepper. (You can continue to simmer soup longer if desired. This will tenderize chicken and meld flavors even further.) Ladle into bowls and top with tortilla chips. Makes 8 servings.

**\*NOTE:** Muir Glen brand makes Fire-Roasted Diced Tomatoes. You can also use two 14 1/2-oz. cans Mexican-style stewed tomatoes (omit 1 can of the chile peppers).

**\*\*QUICK CHICKEN:** Pick up a 2 1/2-pound roasted chicken from the deli and remove the meat. You should get about 4 cups, chopped.

**OPTIONAL GARNISHES:** Set out bowls of shredded Monterey Jack, snipped fresh cilantro, lime wedges, and/or thin wedges avocado or grape tomatoes as self-serve garnishes. Prep these garnishes while the soup cooks.

**BRING ON THE HEAT:** Add 1 to 2 teaspoons hot chili powder along with the cumin. Or, serve with bottled hot pepper sauce.

### TRY THIS!

To make baked tortilla chips, cut corn tortillas into thin strips or desired shapes and place on a baking sheet. If desired, spray with nonstick spray coating and sprinkle with chili powder, salt, or paprika. Bake in a 350° oven 4 to 6 minutes or until crisp.