

Tomatillo Tortilla Soup

An Apple a Day | October 2004



- 1 TBSP. CUMIN SEEDS
- 1 TBSP. COOKING OIL
- 3 6-INCH CORN TORTILLAS, CUT INTO STRIPS
- 2 ONIONS, THINLY SLICED
- 3-4 CLOVES GARLIC, THINLY SLICED
- 1 QT. CHICKEN STOCK OR ONE 32-OZ. CONTAINER CHICKEN BROTH
- 12 OZ. FRESH TOMATILLOS, HUSKS REMOVED AND CUT INTO WEDGES (ABOUT 3 CUPS)
- 2 TSP. FINELY SHREDDED ORANGE PEEL
- 1/3 CUP FRESH ORANGE JUICE
- 1/3 CUP ROASTED RED PEPPER STRIPS AND/OR CHOPPED TOMATOES (OPTIONAL)
- SALT AND FRESHLY GROUND BLACK PEPPER
- SOUR CREAM
- TOASTED PUMPKIN SEEDS
- CILANTRO SPRIGS

In a large saucepan cook cumin seeds over medium heat for 3 to 5 minutes or until seeds are fragrant and toasted, stirring constantly. Remove seeds. Add oil to the pan and preheat. Add toasted cumin seeds, tortilla strips, onions, and garlic. Cook and stir over medium heat for 5 to 6 minutes or until onions are tender.

Add chicken stock, tomatillos, orange peel, and orange juice. Bring to boiling; reduce heat. Simmer, covered, for 30 minutes, stirring occasionally. If desired, stir in roasted red pepper strips and/or chopped tomatoes and heat through. Season to taste with salt and pepper.

Top each tortilla soup serving with sour cream, pumpkin seeds, and cilantro sprigs. Makes 4 to 6 servings.