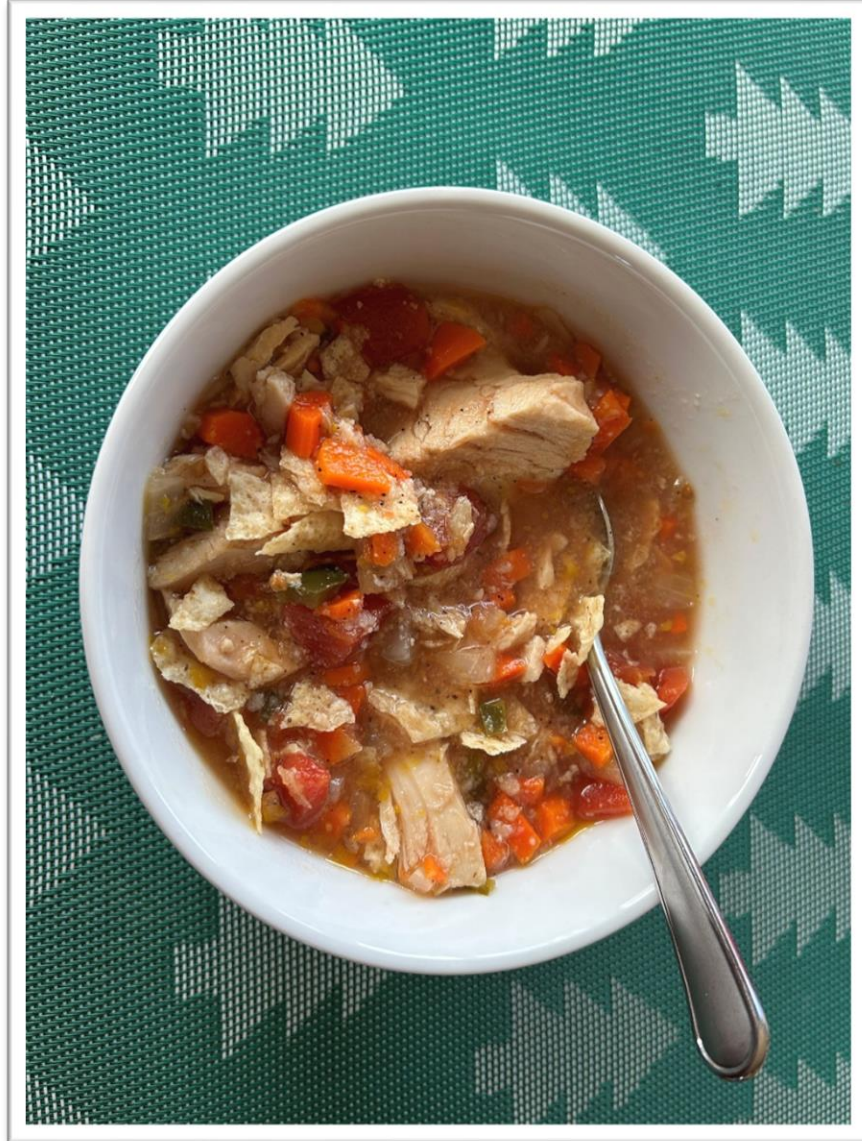


Chicken-Poblano Tortilla Soup



Ingredients

- 2 tablespoons Olive oil
- 1 ½ cup chopped yellow onion
- 1 cup chopped carrot
- 1 poblano pepper, finely chopped
- 4 cups unsalted chicken stock
- ¾ teaspoon kosher salt
- ½ teaspoon freshly ground pepper

- 1 (14.5 oz) can unsalted diced tomatoes, undrained
- 4 ounces tortilla chips, divided
- ½ cup chopped fresh cilantro
- 6 ounces shredded skinless boneless rotisserie chicken breast
- 6 ounces shredded skinless boneless rotisserie chicken thigh
- 1 avocado diced
- 6 lime wedges

Directions:

Heat a dutch oven over medium-high heat. Add oil to pan; swirl to coat. Add onion, carrot, and poblano; saute 8 minutes. Add stock, salt, black pepper, and tomatoes; bring to a boil over high heat. Finely crush half of tortilla chips; add to stock mixture. Cover, reduce heat, and simmer until carrot is tender, about 8 minutes. Stir in cilantro and chicken. Ladle about 1 1/3 cups soup into each of 6 bowls. Divide avocado among bowls. Coarsely crush remaining tortilla chips and divide among bowls; serve with lime wedges, if desired.

Nutritional Information

Serving size: 6 servings

Per Serving: calories 321, carbohydrates 26 grams, protein 21 grams, and fat 16 grams.