

Chicken Tortilla Soup



Recipe courtesy of Danny Boone

Show: Rescue Chef Episode: Sunday Soup for Supper



Level: Easy
Total: 35 min
Prep: 10 min
Cook: 25 min
Yield: 4 to 6 servings

Ingredients:

- 2 tablespoons vegetable oil
- 1 small onion, diced
- 2 tablespoons minced garlic
- 2 jalapenos, finely diced
- 6 cups low-sodium chicken broth
- One 14.5-ounce can fire-roasted diced tomatoes
- One 14.5-ounce can black beans, rinsed and drained
- 3 chicken breasts, boneless and skinless
- 2 limes, juiced, plus wedges for garnish
- Salt and freshly ground black pepper
- 1 cup roughly chopped fresh cilantro leaves
- One 8-inch flour tortilla, grilled, cut into thin strips
- 1 avocado, pitted, sliced
- 1 cup shredded Monterrey cheese

Directions:

- 1 In a large saucepan heat the vegetable oil. Add the onions and cook for 2 minutes. Once the onions have softened add the garlic and jalapenos and cook for another minute.
- 2 Pour the chicken broth, tomatoes and beans into the pot and bring to a boil.
- 3 Once at a boil lower heat to simmer and add your chicken breasts. Cook the chicken for 20 to 25 minutes. Once chicken is cooked remove from pot. When cool enough to handle shred it and set it aside.
- 4 Add lime juice and fresh cilantro to the pot.
- 5 In a serving bowl add a mound of shredded chicken. Ladle soup over chicken and top with a lime wedge, grilled tortilla strips, avocado slices and cheese.



Nutritional Analysis	Per Serving
Serving Size	1 of 6 servings
Calories	506
Total Fat	23 g
Saturated Fat	7 g
Carbohydrates	30 g
Dietary Fiber	10 g
Sugar	4 g
Protein	47 g
Cholesterol	122 mg
Sodium	1459 mg