

Chicken Tortilla Soup by Lynn's Recipes



A delicious soup for a cold winter night. This is an easy, healthy soup that can be served with a variety of condiments to enhance the flavor. Adapted from the Pioneer Woman.

Chicken Tortilla Soup:

Ingredients:

- 2 whole boneless, skinless chicken breasts
- 1 Tablespoon Olive Oil
- 1-1/2 teaspoons cumin
- 1 teaspoon chili powder
- ½ teaspoon garlic powder
- ½ teaspoon salt
- 1 Tablespoon Olive Oil
- 1 cup diced onion
- ¼ cup diced green bell pepper
- ¼ cup diced red bell pepper
- 3 cloves garlic, minced
- 1 can (10 oz.) Rotel Tomatoes and Green Chilies
- 32 ounces low sodium chicken stock or broth
- 3 Tablespoons tomato paste
- 4 cups hot water
- 2 cans (15 oz.) Black Beans, drained and rinsed
- 3 Tablespoons cornmeal
- 5 whole corn tortillas, cut into uniform strips around 2-3 inches

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Garnishes:

- Sour Cream
- Diced Avocado
- Diced Red Onion
- Salsa or Pico de Gallo
- Grated Monterey Jack Cheese or Cheddar Cheese
- Cilantro

Preheat oven to 375°. Mix cumin, chili powder, garlic powder and salt. Drizzle 1 Tablespoon olive oil on chicken breasts and then sprinkle a small amount of spice mix on both sides. Set aside the rest of the spice mix. Place chicken breasts on a baking sheet. Bake for 20-25 minutes, or until chicken is done. Use 2 forks to shred chicken, set aside.

Heat one (1) Tablespoon olive oil in a pot over medium high heat. Add onions, red pepper, green pepper, and minced garlic. Stir and begin cooking, then add the rest of the spice mix. Stir to combine and then add the shredded chicken and stir. Pour in Rotel, chicken stock, tomato paste, water, and black beans. Bring to a boil, then reduce heat to a simmer. Simmer for 45 minutes, uncovered.

Mix cornmeal with a small amount of water. Pour into the soup, then simmer for an additional 30 minutes. Check seasonings, adding more if needed. Turn off heat and allow to sit for 15-20 minutes before serving. Five minutes before serving, gently stir in the tortilla strips.

Ladle into bowls, then top with sour cream, diced red onion, diced avocado, pico de gallo, and grated cheese or any combination that you prefer.

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