

Chicken Tortilla Soup

YIELD: 6-8 SERVINGS



Ingredients:

- 6 tablespoons cooking oil
 - 8 6-inch corn tortillas, halved and cut crosswise into 1/4-inch strips
 - 1 large onion, chopped
 - ½ cup chopped celery
 - ½ cup **finely** chopped carrot
 - 4 large cloves garlic, smashed
 - 1 tablespoon paprika
 - 2 teaspoons ground cumin
 - 1 teaspoon ground coriander
 - 1 teaspoon chili powder
 - 1/4 teaspoon cayenne
 - 1 1/2 quarts low-sodium chicken broth or homemade stock
 - 3 cups canned crushed tomatoes in thick puree (one 28-ounce can)
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- 2 bay leaves
 - 2 1/2 teaspoons salt
 - 1/4 cup lightly-packed cilantro (save a few leaves for garnish)
 - 1 ½ pounds cooked chicken breasts, cut into 1/4-inch pieces
 - ½ avocado, cut into 1/4-inch dice for topping finished bowl
 - cheddar, grated for topping finished bowls
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- Lime wedges, for serving

How to Make It

Step 1

In a large heavy pot, heat the oil over moderately high heat. Add half the tortilla strips and cook, stirring, until pale golden, about 1 minute. Remove with a slotted spoon and drain on paper towels. Repeat with the remaining tortilla strips.

Step 2

Reduce the heat to moderately low. Add the onion, garlic, and spices; cook, stirring, for 5 minutes. Add the broth, tomatoes, bay leaves, salt, cilantro leaves, and one-third of the tortilla strips. Bring to a simmer. Cook, uncovered, for 30 minutes; remove the bay leaves.

Step 3

With an immersion blender, half puree the soup, leaving it lightly chunky. Add the chicken, bring the soup back to a simmer, and simmer until just cooked through, about 1 minute.

To serve, ladle soup into bowls and top with remaining tortilla strips, cheese, chopped cilantro, and avocado. Serve with the lime wedges.

Fresh Homemade Salsa

YIELD: 5



Ingredients:

- 4 ripe tomatoes, cored and quartered
- 1 red or white onion, peeled and quartered
- 3 garlic cloves, peeled
- 3 jalapenos, stemmed and seeded (You can substitute 1-2 habanero or serrano peppers.)
- 1/3 cup fresh cilantro
- 3 tablespoons lime juice
- 1 tablespoon ground cumin
- 2-3 teaspoons sugar
- 1 1/2 teaspoons salt
- 15 ounce can crushed tomatoes
- 4.5 ounce can diced green chiles (mild, medium, or hot)

How to Make It:

1. Place the fresh tomatoes, onion, garlic, peppers, cilantro, lime juice, cumin, sugar, and salt in a food processor. Pulse until the contents are fine and well blended.
2. Pour in the crushed tomatoes and green chiles. Puree until mostly smooth. Refrigerate until ready to serve. Serve with your favorite tortilla chip

NOTE: If refrigerated in an airtight container, this salsa should last 10-12 days.