

Recipe



Chicken Tortilla Soup

Ingredients

- 4 boneless, skinless chicken thighs
- 4 oz. can chopped mild green chiles, drained
- 2 cloves garlic, minced
- 1 yellow onion, diced
- (2) 15 oz. cans diced tomatoes, undrained
- 1 cup chicken broth
- 1 tsp. cumin
- Salt and freshly ground pepper to taste
- 2 Tbsp. chopped fresh cilantro
- 4 corn tortillas, sliced into ¼ inch strips
- 1 avocado, peeled, diced and tossed with lime juice to prevent browning
- Juice of 1 lime

Directions

1. Place chicken in slow cooker.
2. Combine chiles, garlic, onion, tomatoes, ½ cup broth and cumin in a small bowl, then pour over chicken.
3. Cover and cook on high 3 hours or on low for 6 hours. Once chicken is tender, shred the meat and return to slow cooker. Adjust seasonings and add additional broth if necessary.
4. Just before serving, add the tortillas and cilantro to slow cooker and stir to blend.
5. Serve in soup bowls topping each serving with cheese, avocado, and a squeeze of lime juice.

Nutrition

Per serving: Each serving 1 cup: 226 Calories
15g Protein, 20g Carbohydrate, 5g Fiber, 11g Fat, 47mg Cholesterol, 910mg Sodium