



Chicken Tortilla Soup

SOUP

GLUTEN FREE, DAIRY FREE

serves: 4- 6

active time: 15 min.

total time: 30 min.

INGREDIENTS

- 2 tablespoons coconut oil
- 1 onion, diced
- 3 cloves garlic (sliced)
- 2 jalapeños or one Serrano pepper (sliced)
- 1 teaspoon cumin
- 14 .5 ounce can fire-roasted tomatoes
- 4 cups bone or cleansing broth
- 2 corn tortillas (torn into pieces)
- 1/2 rotisserie chicken (shredded) about 2 Cups
- 1 Tablespoon lime juice or juice of half a lime

GARNISHES

- fried tortilla strips or chopped up corn chips
- cilantro leaves
- diced avocado
- lime wedges (to garnish)
- hot sauce to taste
- kosher salt and freshly ground black pepper

INSTRUCTIONS

1. Heat 2 tablespoons of oil in a large pot and sauté over medium high heat. When the oil is hot, add the onions and begin to sauté until translucent, about 5-7 minutes. Add in the garlic and jalapeños and sauté for 2-3 more minutes. Add in the cumin, season with salt and pepper and cook for a minute more.
2. To the base of a blender or food processor, puree fire roasted tomatoes. Add the sautéed onion mixture, the tortillas and a 1/4 cup of the chicken stock. Blend starting on low and slowly increasing the speed until pureed.
3. In a medium/large pot, heat over medium high heat. Add in the pureed mixture and allow to cook for 2-3 minutes. Pour in the rest of the broth/stock and stir to combine. Add in the shredded chicken and allow to simmer for 15-20 minutes.
4. Add in the juice of half a lime and some hot sauce to taste.
5. Serve garnished with fried tortilla strips, cilantro, and avocado.

To make fried tortilla strips:

6. Heat about 2 inches of oil to 350°F in a shallow heavy bottomed pan. Add in tortilla strips and fry for 1-2 minutes until golden brown. Remove to a paper towel lined plate. Serve as a garnish on soups or salads.