

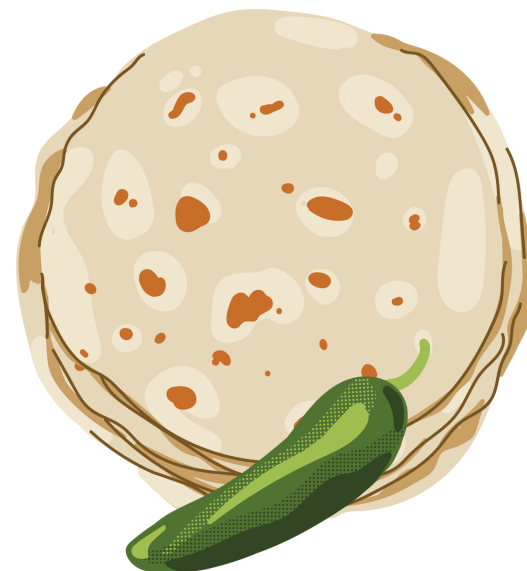
Chicken Tortilla Soup

Serves 8



Ingredients:

- 1 tablespoon plus 2 teaspoons olive oil, divided
- 1 pound boneless, skinless chicken thighs
- 1 ½ teaspoon cumin
- 1 teaspoon chili powder
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- ½ teaspoon red pepper flakes (optional)
- ¼ teaspoon cayenne
- ¼ teaspoon salt
- ¼ black pepper
- 1 medium onion, diced
- 1 green bell pepper, diced
- 3 garlic cloves, minced
- 1 small jalapeño, seeded and minced
- (1) 15-ounce can low sodium diced tomatoes
- (1) 32 ounces carton low-sodium chicken broth
- (1) 15-ounce can low sodium black beans, drained and rinsed
- 3 tortillas, corn or whole wheat, cut into strips
- Optional garnishes: grated Monterey jack cheese, cilantro, lime, sour cream, avocado



Instructions:

1. Heat olive oil in a large pot over medium high heat. Add chicken thighs and sear until brown on both sides. While the chicken is cooking, mix cumin, chili powder, garlic powder, paprika, red pepper flakes, cayenne, salt, and black pepper together in a small bowl.
2. Add onions and green pepper to the pot and cook for 5 minutes until they start to soften. Stir in the jalapeño, minced garlic, and spice mix and cook for about 2 minutes.
3. Add canned tomatoes, chicken broth, and black beans. Bring to a boil, then reduce heat to simmer for 30 minutes, uncovered. Taste and add salt, pepper and red pepper flakes if desired. Add water if the soup seems too thick.
4. Meanwhile, preheat oven to 350° F. Add tortilla strips to a baking sheet and toss with 2 teaspoons of the olive oil. Arrange in a single layer and bake for 15 minutes or until lightly browned. Remove from baking sheet to cool.
5. When the chicken thighs have cooked through, remove them to a plate or cutting board and shred using two forks before returning to the soup.
6. Ladle the soup into bowls to serve, then top with tortillas strips and your choice of garnishes.

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Nutrition Facts		
Serving Size	1 × 8 Serving	
Amount Per Serving		
Calories	214.4	
		% Daily Value*
Total Fat	6.3 g	8 %
Saturated Fat	1.2 g	6 %
Trans Fat	0 g	
Cholesterol	45.2 mg	15 %
Sodium	402.3 mg	17 %
Total Carbohydrate	20.9 g	8 %
Dietary Fiber	4 g	14 %
Total Sugars	2.5 g	
Added Sugars	0.2 g	0 %
Protein	15.9 g	
Vitamin D	0 mcg	0 %
Calcium	56.7 mg	4 %
Iron	1.9 mg	11 %
Potassium	351.4 mg	7 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		</>