



Healthy Recipes

From NH Healthy Families Staff



nh healthy families.

Chicken Tortilla Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion chopped
- 3 large cloves garlic minced
- 1 jalapeño diced and seeded
- 1 tsp ground cumin
- 1 tsp chili powder
- 14 ½ oz crushed tomatoes
- 1 can diced tomatoes with chilis such as rotel
- 3 cups chicken broth
- 14 ½ oz can black beans rinsed & drained
- 1 cup corn drained if canned
- 2 chicken breasts boneless, skinless
- ¼ cup cilantro chopped
- 1 lime juiced



Prep: 10 mins Cook Time: 30 min
Servings: 8

- 1 avocado sliced, for garnish
- Crispy Tortilla Strips
- 6 6" corn tortillas cut into ¼" strips
- ¼ cup olive oil

Directions:

Heat ¼ cup olive oil over medium-high heat a small pan. Add tortilla strips in small batches and fry until crisp. Drain and salt. Heat olive oil In a large pot over medium heat. Add onion, garlic and jalapeño and cook until onion is softened. Add remaining ingredients and simmer 20 minutes or until chicken is cooked through. Remove chicken and shred. Add back to the pot and simmer for 3 minutes. Spoon soup into bowls and top with tortilla strips, lime wedges and sliced avocado.

Notes:

You can also make this in an instant pot! Just add the jalapeño, onion, garlic, with olive oil on "saute" mode until soft. Then add in the rest of the soup ingredients and cook on "high" pressure mode for 20 minutes. When finished manually release pressure, shred chicken and return to pot.

Recipe provided by:

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Why its important to Erica to support our community?

The community is our purpose here at NH Healthy Families. We wouldn't be here without everyone we serve!

Source: www.spendwithpennies.com/chicken-tortilla-soup/