

## Tortilla Soup

*Tortilla Soup is one of my favorites. We love to have it with Jiffy cornbread.*

2 Tbs	corn oil	8 cups	chicken broth
6	corn tortillas (about 6 inches)	1/8 tsp	salt
2	garlic clove, chopped	1/8 tsp	pepper
1 small	onion chopped	1	avocado, preferably Hass, cut into 1/2-inch dice
1/2	Jalapeno peppers seeded and chopped	4 oz	low-fat cheddar cheese, shredded
1	Can (14-1/2 ounces) whole peeled tomatoes with juice	8 oz	cooked diced chicken
3 tsp	ground cumin		

- In a soup pot, heat oil and add 3 tortillas cut into strips. Cook until slightly crisp, remove from oil and set aside.
- In a food processor bowl, place garlic, onion and jalapeno and chop. Put chopped garlic mixture in soup pot, add in slightly crisp tortillas and simmer for 5 minutes.
- Add canned tomatoes, and simmer for 15 minutes.
- Stir in cumin.
- Slowly pour in chicken broth and simmer soup until it is reduced by about one third.
- Puree the soup extremely well until smooth.
- Season to taste with salt and pepper.
- While soup is simmering, prepare garnish:
- Preheat oven to 350 degrees. Place tortilla strips on baking sheet and bake until crisp, about 10 - 15 minutes.
- Place garnish ingredients in separate bowls for presentation: crisp tortillas, diced avocado, diced chicken cheese.
- When ready to serve, make certain the soup is piping hot. Ladle into soup bowls and add garnishes.

Servings: 10

### Cooking Times

Preparation Time: 30 minutes

Cooking Time: 1 hour and 30 minutes

### Degree of Difficulty

Degree of Difficulty: Moderately difficult

### Nutrition Facts

Serving size: 1/10 of a recipe (16.6 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
<b>Calories</b>	398.57
Calories From Fat (23%)	90.92
	% Daily Value
<b>Total Fat</b> 10.36g	<b>16%</b>
Saturated Fat 1.84g	<b>9%</b>
<b>Cholesterol</b> 116.08mg	<b>39%</b>
<b>Sodium</b> 776.57mg	<b>32%</b>
<b>Potassium</b> 908.39mg	<b>26%</b>
<b>Total Carbohydrates</b> 19.68g	<b>7%</b>
Fiber 4.7g	<b>19%</b>
Sugar 2.52g	
<b>Protein</b> 54.46g	<b>109%</b>
MyPoints 8.03	

Recipe Type: Soups