



#MakeItGAP

RECIPES

THE BEST CHICKEN TORTILLA SOUP

YIELD: 6 Servings

INGREDIENTS:

2 Tbsp. olive oil
1 small onion, *peeled and chopped*
2/3 cup fresh chopped cilantro, *divided*
3 cloves garlic, *minced*
4+ cups chicken broth
14.5 oz. can diced fire roasted tomatoes
2 whole skinless chicken breasts
3/4 Tbsp. ground cumin
1/2 Tbsp. chili powder
1/4 tsp. cayenne pepper
1-2 bay leaves
2 carrots, *thinly sliced*
1-1/2 cups shredded Monterey jack cheese
1-2 avocados, *diced*
10 oz. Bag of tortilla chips

PREPARATION:

In a large stock pot, heat the oil over medium-high. Add onions, 1/3 cup cilantro, and garlic. Sauté 3 minutes. Stir in chicken broth, tomatoes, whole raw chicken breasts, all the spices, and 3/4 teaspoon salt. Push the chicken breasts to the bottom of the pot. Bring to a boil.

Add the carrots. Return to a boil, then reduce the heat to medium and cook another 10-12 minutes. Remove the cooked chicken breasts with tongs and either shred or chop them. Add the chicken pieces back to the soup.

Stir in half the cheese and 1 cup crushed tortilla chips. If too much of the broth has evaporated, stir in an additional cup of broth or water.

Ladle into bowls and top with the remaining cheese, fresh cilantro, fresh avocado, and more tortilla chip pieces.

Recipe adapted from aspicyperspective.com