## **Chicken Tortilla Soup**

"This soup is quick to make, flavorful, and filling! Serve with warm corn bread or tortillas. This also freezes well. Garnish with chopped fresh avocado, shredded cheese, crushed tortilla chips, or green onion!"

## **Ingredients:**

- $\circ$   $\frac{1}{2}$  onion, chopped  $\circ$  7 ml garlic, minced
- $\circ$  15 ml olive oil
- 10 ml
  chili powder
- $\circ$  2.5 ml cumin
- 0.5 ml
  cayenne pepper
- $\circ$  5 ml oregano
- 1 (28 oz) can crushed tomatoes
- 250 ml chicken broth
- o 310 ml water
- 250 ml Frozen corn
- 1 (4 oz) can chopped green chili peppers
- $\circ$   $\frac{1}{2}$  can black beans, rinsed and drained
- o 2-3 chicken thighs or breasts, cooked and cubed
- Crushed tortilla chips
- Shredded cheese
- Chopped cilantro
- Sour cream

## **Instructions:**

- 1. Dice chicken thighs (or chicken breast) cook in a small amount of oil in a frying pan seasoning with salt and pepper until cooked Set aside.
- In a medium pot, heat oil over medium heat. Sauté onion and garlic in oil until soft. Stir in chili powder, oregano, cumin, cayenne, tomatoes, broth, and water. Bring to a boil, and simmer for 5 to 10 minutes.
- 3. Stir in corn, chilies, black beans, and chicken. Simmer for 10 minutes.

## 4. Ladle soup into individual serving bowls.

Top with:	
crushed tortilla chips	avocado slices,
shredded cheese	chopped green onion
Cilantro	dollop of sour cream

