

## Soups

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# Tortilla Soup

James Bell

### Servings: 6

*First prepared on 9/16/05. Very good.*

*A shot of tequila wouldn't hurt...*

*Created from a composite of a bunch of web recipes and my own ideas*

3 tablespoons olive oil  
8 corn tortillas  
1 large can chicken broth  
1 14.5 oz can diced tomatoes  
1 jalapeno chile pepper, cut into pieces  
1 chipotle chile canned in adobo  
1 1/2 cups frozen corn kernels  
1 cooked chicken breast half, sliced and diced  
4 cloves garlic  
1 large white onion, diced  
1/2 cup lime juice (juice of one lime)  
1 tablespoon chili powder  
1 teaspoon cocoa  
1 teaspoon cumin  
1/2 teaspoon oregano  
1/2 cup cilantro, chopped  
salt to taste  
1 cup cheddar cheese, shredded  
1 avocado, diced

Cut four of the tortillas in spoon-sized pieces, saute them with the garlic and half of the onion in olive oil. Put the other half of the onion, tomatoes, cilantro, jalapeno and chipotle in a blender and puree. (Thin with a bit of chicken broth if necessary) Add pureed mixture to the saute along with the chicken broth and salt. Bring to a boil, then reduce to simmer. Add chili powder, cocoa, cumin, and oregano, and simmer for 30 minutes. Add lime, chicken and corn and simmer another 5-10 minutes. Garnish with tortilla strips, cheese, and avocado

Serving Ideas: Can be served as a main course or appetizer

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*Per Serving (excluding unknown items): 377 Calories; 22g Fat (48.7% calories from fat); 16g Protein; 35g Carbohydrate; 34mg Cholesterol; 355mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 3 1/2 Fat.*

