

Chicken Tortilla Soup

Yield: Serves Four

Soup Ingredients:

2 tablespoons extra-virgin olive oil
1 medium onion, chopped
1 zucchini, diced
1 large carrot, chopped
1 stalk celery, chopped
2 garlic cloves, minced
2 teaspoons kosher salt
1/4 teaspoon chili powder
2 teaspoons cumin
2 teaspoons dried oregano, crushed
2 tablespoons tomato paste
1 chipotle chili, chopped
1 boneless, skinless chicken breast
4 cups low-sodium chicken stock
1 (14.5 ounce) can diced fire-roasted tomatoes
1/2 cup fresh or frozen roasted corn kernels
1/4 cup freshly squeezed lime juice
Handful of chopped cilantro leaves
Handful of fresh tortilla chips, broken
1/4 avocado, diced

Chipotle-Lime Cream Ingredients:

1/2 cup sour cream
1/2 teaspoon kosher salt
1/2 chipotle chile, minced
zest of one lime
1 tablespoon cilantro leaves, minced



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- Step 1:** Heat 2 tablespoons olive oil in a large skillet or small stockpot on medium-high heat.
- Step 2:** Add the chopped onion, diced zucchini, chopped carrot, chopped celery, and chopped garlic cloves, kosher salt, chili powder, cumin, dried oregano and cook, stirring until you smell the onions and spices, about 5 minutes.
- Step 3:** Stir in tomato paste and chopped chipotle chili and cook one more minute.
- Step 4:** Add the chicken breast and cook until the meat loses its pink color and turns light brown on the outside, about 10 minutes.
- Step 5:** Add the chicken stock and cook for about 8 minutes. Add crushed tomatoes and roasted corn kernels.
- Step 6:** Cook uncovered, stirring occasionally for about 15 minutes more. Carefully pull out the chicken breasts, let cool and shred the meat. Put shredded meat back into the pot and add the lime juice.
- Step 7:** **Make the chipotle-lime cream:** Stir all ingredients together in a mixing bowl. Taste for seasonings.
- Step 8:** Remove the soup pot from the heat and ladle soup into 4 – 5 bowls.
- Step 9:** Before serving, top each bowl with chopped cilantro, broken tortilla chips, diced avocado and chipotle-lime cream.