



Chicken Tortilla Soup

Rita Hamilton

Serves 6-8

- 2 cups corn
- 2 cups black beans, drained and rinsed (1 15-oz can)
- 3 cups chicken stock
- 3 chicken breasts
- 1 onion, chopped
- 2 tomatoes - fire roasted if possible
- 2 bell peppers - fire roasted if possible
- 3 tablespoons chopped garlic (3 cloves)
- 1 tablespoon cumin powder
- 1 1/2 tablespoons chili powder
- 1 teaspoon black pepper
- 1 teaspoon paprika
- 1 teaspoon salt

Garnish:

- 1 Tablespoon olive oil
- 3 small corn tortillas, cut into strips (fry corn tortillas in pan with olive oil until crisp. Set aside)
- Shredded cheese (Monterey Jack, Mexican blend, Queso Fresco or cotija)
- sour cream
- 1 lime cut into wedges
- chopped fresh cilantro
- 1 avocado, sliced or chopped

Put all ingredients into a soup pot except the tomatoes and peppers. (Chicken breasts can be frozen or fresh).

Roast tomatoes and peppers. If you don't have a gas stove, lightly oil the vegetables and roast them in the oven at 450 degrees or broil them, turning frequently.

Chop roasted tomatoes and peppers, add to soup. Simmer 45 minutes or longer. Remove chicken breasts and chop or shred.

Serve in bowls with shredded cheese, squeeze of fresh lime, avocado, sour cream, cilantro and tortilla strips, as desired.

