

Tortilla Soup

1 lb. boneless, skinless chicken breasts (use thighs for a richer broth)

32 oz. fat-free chicken broth (I prefer broth with extra fat!)

1 medium yellow onion, chopped

10-oz. Rotel, undrained

14-oz. can diced tomatoes, undrained

2 cloves garlic, minced

8 oz. frozen or fresh corn

1 or 2 Jalapeno chiles, seeded and sliced (optional, but I add these)

Juice of 1/2 lime

2-4 Tbsp. chopped cilantro, to taste

4 corn tortillas cut into squares or strips and fried or tostado chips

Salt and pepper

Garnishes: grated Cheddar or Monterey Jack cheese, diced avocado, cilantro

Place chicken, onion and broth in a large pot. Bring broth to a boil, reduce heat and simmer until chicken is done, 20-25 minutes. Remove chicken and set aside. Add remaining ingredients except tortillas/chips and garnishes. Bring to a boil over medium heat. Reduce to a simmer. Meanwhile, cut chicken into bite-size pieces and return to pot. Simmer until corn is tender or longer. When ready to serve, place tortillas or chips in a bowl and ladle over soup. Sprinkle cheese on top, if desired. Garnish with avocado. Makes about 2 quarts.

