



Chicken Tortilla Soup

Prep Time: 15 min

Cook Time: 45 min

Serves: 6

NUTRITION FACTS, PER SERVING:

472 calories

12 g fat

563 mg sodium



INGREDIENTS: **** Items not included in kit**

- 1.5 lbs. chicken cubes
- 2 TB vegetable or olive oil **
- Salt & Pepper, to taste**
- 1 cup onion diced
- 1/2 cup red bell pepper diced
- Tortilla Soup Spice Blend (1 tsp ground cumin, 1 tsp onion powder, 1 tsp garlic powder)
- (48 oz. to 64 oz.) low sodium chicken broth
- 1 (10 oz. can) diced tomatoes w/ green chilies
- 1 (10 oz. can) red enchilada sauce
- 1 (15.5 oz. can) black beans, rinsed and drained
- 1 cup fcorn
- 1 lime
- 8 corn tortillas, halved and cut crosswise into 1/4 inch strips
- 3 TB olive oil**
- 1/2 cup cilantro leaves, chopped
- 1 avocado, cut into 1/2 inch dice
- 1/2 cup shredded cheddar cheese

DIRECTIONS:

1. Prep Produce: Drain and rinse **black beans**. Chop **cilantro** leaves. Cut **lime** in half.
2. In large pot, heat **2 TB oil** over medium high heat. Season the **chicken strips** with **salt & pepper to taste**. Add to the pot and brown chicken on all sides. Reduce the heat to medium low. To the same pot add the **diced onion, diced red bell pepper, and Tortilla Soup Spice Blend**; cook stirring for about 5 minutes. Add **4 cups chicken broth, diced tomatoes w/ green chilies, red enchilada sauce, black beans** (drained & rinsed) and **corn**. Bring to simmer and cook uncovered for 30 minutes. If soup is too thick, you can thin out with the remaining chicken broth to desired consistency. Stir in **1/4 cup chopped cilantro** and the **juice of 1 lime**.
3. Tortilla Strips: Preheat oven to 450 degrees. Cut corn tortillas into strips. Toss tortillas strips with **3 TB olive oil**. Spread the **tortilla chips** on a cookie sheet in a single layer and bake 8-10 minutes until golden brown. Check halfway through to make sure they don't burn. Remove from oven and set aside.
4. To serve, put some **tortilla strips** into bowls and ladle in the **soup**. Top with **diced avocado, shredded cheddar cheese, additional chopped cilantro** and additional **tortilla strips**.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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