

Cooking for Wellness

Sponsored by:





Tortilla Soup

Yields: 8 servings Preparation Time: 45 minutes Ingredients

- 6 tomatoes, cored
- 1 white onion, halved and peeled
- 2 cloves of garlic, peeled
- 1 rotisserie chicken, remove mest from bone
- 5oz vegetable oil
- 6 cups chicken broth
- 1 tablespoon fresh thyme
- 1 tablespoon fresh chives
- 1 jalapeno, seeded and diced
- 12 corn tortillas, torn apart into small pieces Salt and pepper
- 1 avocado, cut into medium sized pieces
- 1 tablespoon fresh cilantro
- 3oz crumbled queso fresco cheese



Instructions

- 1. Dry roast the tomatoes, onion, and garlic on a cast iron skillet over medium high heat until tomatoes begin to soften and their edges char.
- 2. Puree the roasted tomatoes, onions, and garlic in a blender until smooth.
- Heat 2oz of oil in a large stock pot over medium high heat and sauté the pureed mixture, stirring frequently, until it deepens in color, about five minutes.
- 4. Add the chicken broth, thyme, chives, and jalapeno. Season with salt and pepper and bring the soup to a boil. Simmer for 30 minutes.
- 5. After simmering for 30 minutes whisk in the tortilla a few at a time. The tortillas will begin to thicken the soup, about 5 minutes. Add the rotisserie chicken boneless meat and re-season if needed.
- Put the soup into bowls and garnish with avocado, fresh cilantro, and queso fresco.