



Spicy Chicken Tortilla Soup

A flavorful soup with a crunch of tortillas will warm any cold day up in a flash.

Yield: 6 servings

3 tbsp	olive oil
1 medium	yellow onion, diced
3 cloves	garlic, minced
1-1/2 tsp	dried chili powder
1-1/2 tsp	dried oregano
1 (28 oz) can	crushed tomatoes
1 quart	chicken stock or
1 large	ear of corn, (kernels cut off)
1 small (4 oz) can	mild green chile peppers
1 (15-18 oz) can	black beans, rinsed and drained
1/4 cup	chopped fresh cilantro or Italian parsley
1 lb (about 2 medium)	chicken breast halves, skinned cooked and cut into bite-sized pieces
To taste	sea salt and freshly ground black pepper
	crushed tortilla chips
	sliced avocado
	shredded Monterey Jack cheese

1. In a medium stockpot, heat oil over medium heat. Sauté onion and garlic until soft, about 5 minutes.
2. Stir in chili powder, oregano, tomatoes, and stock. Bring to a light boil, lower heat, simmer for 5 to 10 minutes.
3. Stir in corn, chiles, beans, cilantro, and chicken. Simmer for 10 minutes.
4. Ladle soup into individual serving bowls, and top with crushed tortilla chips, avocado slices, and cheese. If the soup is too thick, you can add additional stock.