

Making Better Choices for your Heart Recipes

Chicken Tortilla Soup

4 chicken breasts
2 cups chopped onions
1 cup chopped celery
2 cups chopped carrots
4 large garlic cloves
2 1/2 quarts chicken stock, low sodium

1- 28 oz can whole tomatoes, crushed
2 to 4 jalapeno peppers, seeded and
minced
1 tsp ground cumin
1 tsp ground coriander
1/4 to 1/2 cup chopped fresh cilantro
6, 6-inch corn tortillas

Preheat oven to 350°. Place chicken breasts on a sheet pan. Rub with olive oil, sprinkle with salt and pepper, and roast for 35-40 minutes, or until done. When the chicken is cool enough to handle, shred the meat. Cover and set aside.

Meanwhile, heat 3 tablespoons of olive oil in a large pot or dutch oven. Add the onions, celery and carrots to cook over medium-low heat for 10 minutes, or until the onions start to brown. Add the garlic and cook for 30 seconds. Add the chicken stock, tomatoes with their puree, jalapenos, cumin, coriander, 1 tablespoon salt, 1 teaspoon pepper and cilantro, if using. Cut the tortillas in 1/2, then cut them crosswise into 1/2 inch strips and add to the soup. Bring soup to a boil, then lower the heat and simmer for 25 minutes. Add the shredded chicken and season to taste. Serve the soup hot topped with sliced avocado, a dollop of sour cream, grated cheese and broken tortilla chips.

GREEN FIELDS

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