

CHICKEN TORTILLA SOUP

PREP TIME

10 mins

COOK TIME

25 mins

SERVINGS

6 - 8

INGREDIENTS

3-4 cups shredded chicken, cooked
2 Tbsp extra virgin olive oil, divided
1 cup onion, chopped
3/4 cup red bell pepper, chopped
1 packet taco seasoning
1/4 cup tomato paste

1 cup corn kernels (fresh, canned or frozen)
1 can black beans, rinsed and drained
1 jar of salsa (your favorite type)
5 cups unsalted chicken stock
1 1/2 tsp dried oregano
1 cup sliced corn tortilla strips

Extras/Toppings

1 lime, juiced
1/4 cup cilantro leaves, chopped

INSTRUCTIONS

1. In a large pot or dutch oven, heat 1 Tbps of olive oil.
2. Add onions and red bell peppers to the pot and saute for 1 minute.
3. To the pot, add taco seasoning, continuously stirring for 30 seconds.
4. Add tomato paste and saute for 1 minute.
5. Add corn, black beans, salsa, chicken stock, oregano, salt, tortilla strips and shredded chicken. Stir to combine.
6. Bring to a boil and reduce to a simmer, cook until the tortillas are soft (about 15 minutes). Adjust seasoning with salt and pepper.
7. Serve the soup with desired toppings. Enjoy!