

CHICKEN CORN TORTILLA SOUP

F EASY

Last Modified: 12/20/2016

PREP: 15 Min
COOK: 2 Hrs 30 Min
STOVETOP

SOUP-MEXICAN

MAKES 8 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1	Pound	Shredded Chicken Breast (Meijer)	Cubed
OR			
1/2	Whole	Rotisserie Chicken (Unflavored)	Cubed
1/4	Cup	Colored Red Bell Pepper (Seeded)	Fine Diced
1/4	Cup	Colored Yellow Bell Pepper (Seeded)	Fine Diced
1	Cup	White Onion	Fine Diced
1	Tbsp	Olive Oil	
3	Cloves	Garlic	Minced
4	Medium	Carrot Fingers	Matchsticks
2	10 Oz	Cans Ro*Tel Original Diced Tomatoes & Green Chiles	
1	Quart	Chicken Stock (Swanson)	
OR For a Stronger Flavor			
1	Quart	Beef Stock (Swanson)	
3	Tbsp	Tomato Paste (Contadina)	
3	Cups	HOT Tap Water	
1	19 Oz	Can Red Enchilada Sauce (Old El Paso)	
1	16 Oz	Can Pinto Beans (Bush's)	Undrained
1	15 1/2 Oz	Can Small Red Beans (Goya)	Undrained
3	Tbsp	Masa Harina Flour (Bob's Red Mill)	Thickener
OR			
5	Tbsp	Ground Cornmeal (Bob's Red Mill)	Thickener
1	Pound	Frozen Sweet Corn	Thawed
2	Cups	Yellow Corn Tortilla Chips	Broken

SPICE MIXTURE

1 1/2	Tsp	Ground Cumin	
1	Tsp	Mild Chili Powder	
1/2	Tsp	Garlic Powder	
1/2	Tsp	Kosher Salt	

GARNISHES

		Sour Cream (Breakstone)	
		Fresh Avocado	Diced
		Red Onion	Fine Diced
		Salsa (Tostito's Chunky)	
		Pico De Gallo (Goya)	
		Fresh Cilantro	Chopped

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GARNISHES (Continued)			
		Monterey Jack Cheese	Shredded
		Pepper Jack Cheese	Shredded
		Corn Tortilla Chips	Crushed
		Black Olives	Sliced
		Sweet Pepper Rings (Vlasic)	Sliced
		Hot Pepper Rings (Vlasic)	Sliced
		Jalapeno Peppers (Vlasic)	Sliced

PREPARATION	
FACTOID	A traditional red colored, relatively runny brothed, deeply flavored & slightly spicy Soup.
FACTOID	The Optional Garnishes are what sets this Soup aside from all of the others - BE GENEROUS!
TOOLS	1) Large Stainless Steel Skillet 2) Large Stock Pot & Lid
PREP	DISH 1) Mince the Garlic Cloves and set them aside. 2) Finely dice the White Onion and set it aside. 3) Finely dice the Red Pepper and add it on top of the Onions. 4) Finely dice the Yellow Pepper and add it on top of the Onions. 5) Cut the Carrot Fingers into 1/8" square matchsticks and add it on top of the Onions. 6) Combine the Spice Mixture Ingredients and set them aside. 7) Break the Tortilla Chips into pieces and set them aside
1	CHICKEN: Sprinkle the cooked & cut-up Chicken Breasts LIGHTLY with the Spice Mixture, reserve all that is left over.
2	MIREPOIX: In a large stainless steel skillet over medium heat, add in the Olive Oil and heat until it shimmers. Add in the Garlic, Onion, Pepper, Carrot mixture and stir until the Onions become transparent. Sprinkle with the reserved Spice Mixture. Add in the Tomato Paste and cook for an additional 3 minutes while stirring. Add in the Enchilada Sauce and stir to deglaze the pan. Stir in the Chicken and stir until thoroughly mixed. Add the mixture into a Large Stock Pot over Medium heat.
3	SOUP: Stir in the RoTel, Chicken Stock, Pinto Beans, Red Beans, Reserved Spice Mix and hot tap water. Bring the Soup to a rolling boil. Reduce the heat to a simmer and cook for 45 minutes. TASTE! You may stir in more Chili Powder to achieve the Taste you want.
4	SOUP: Mix the Cornmeal or Masa Harina with a small amount of water and stir while pouring it in, cook for 30 minutes more, stirring often. This determines the thickness of the broth. Add in more for a thicker broth or add in a little Chicken Broth for a thinner broth. Stir in the Tortilla Chips and frozen Corn.
7	REST: Turn off the heat, cover and allow the Soup to set undisturbed for 1/2 hour.
SERVE	Ladle the Soup into warm soup bowls and sprinkle the top generously with your choice(s) of Garnishes and serve immediately.

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