

SKINNY CHICKEN TORTILLA SOUP

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Recipe type: Soup

Cuisine: Mexican

Prep time: 15 mins

Cook time: 30 mins

Total time: 45 mins

Serves: serves 7, 1.5 cup servings

skinny chicken tortilla soup

This skinny chicken tortilla soup is as clean as they come, but don't worry just because it lacks many calories, it is not lacking in flavor one little bit!

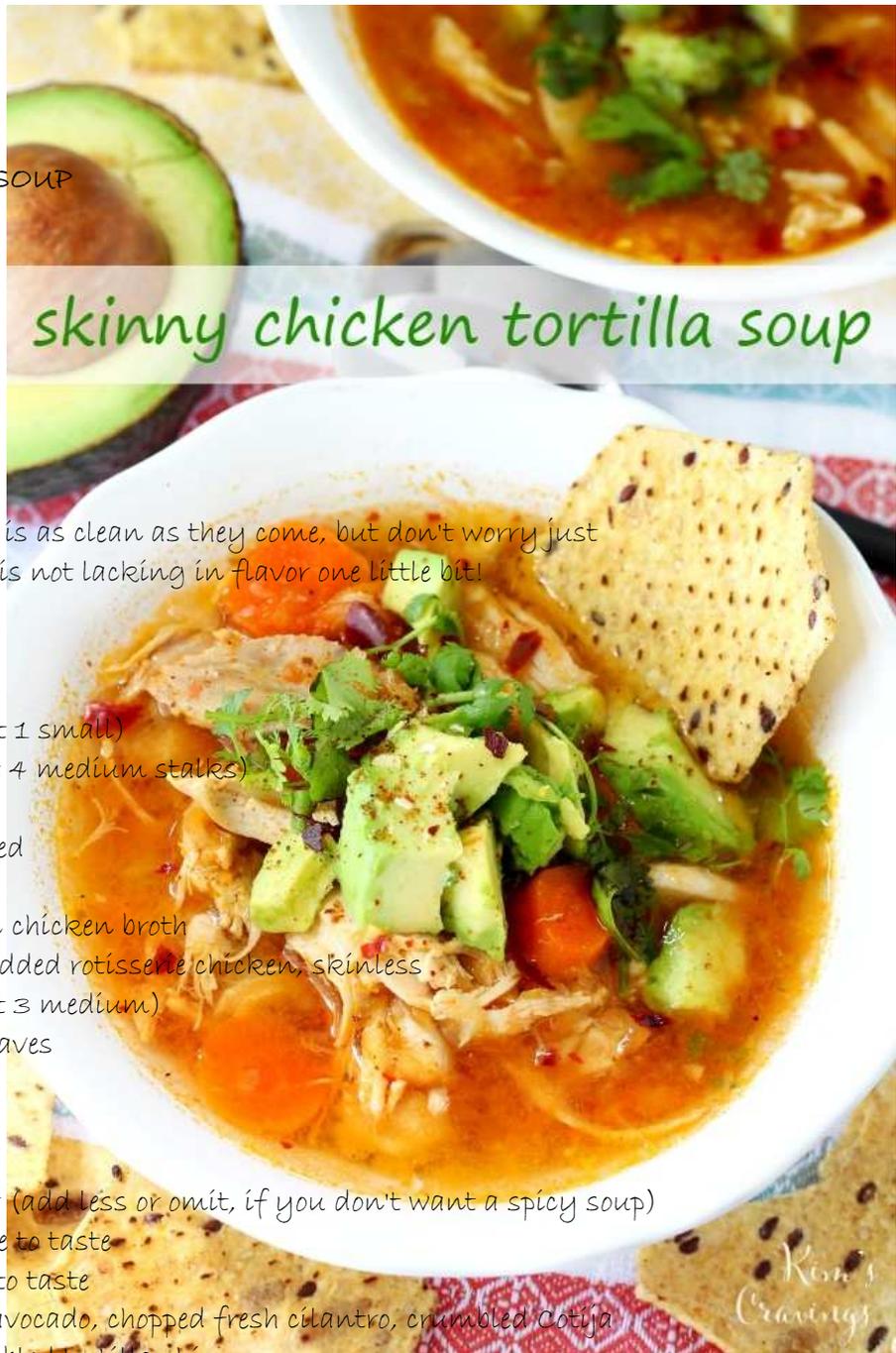
INGREDIENTS

- 2 teaspoons olive oil
- 1 cup onion, chopped (about 1 small)
- 2 cups celery, sliced (about 4 medium stalks)
- 4 garlic cloves, minced
- 4 medium tomatoes, chopped
- 2 cups water
- 4 cups low-sodium organic chicken broth
- 3 cups chopped and/or shredded rotisserie chicken, skinless
- 2 cups sliced carrots (about 3 medium)
- 1 teaspoon dried oregano leaves
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- ½ teaspoon cayenne pepper (add less or omit, if you don't want a spicy soup)
- ½ teaspoon sea salt + more to taste
- ½ teaspoon pepper + more to taste
- optional garnish: chopped avocado, chopped fresh cilantro, crumbled Cotija cheese, Greek yogurt, crumbled tortilla chips

INSTRUCTIONS

Heat oil in large saucepan over medium-high heat. Add chopped onion and celery; cook, stirring frequently, for about 5 minutes and until veggies are soft. Add garlic; cook, stirring frequently, for about 1 minute. Add tomatoes; cook, stirring frequently, for about 5 minutes and until tomatoes are soft. Set aside. Add onion mixture with 2 cups water to high-speed blender or food processor and blend until smooth.

Transfer blended mixture back to saucepan and add broth, chicken, carrots and seasonings. Bring to a boil. Reduce heat to medium-low; cook, stirring occasionally, for about 10 minutes, or until carrots are tender.



Top each serving with preferred toppings; such as avocado, cilantro, cheese, Greek yogurt and/or tortilla chips

NOTES

-For a vegan version replace chicken broth with low-sodium organic vegetable broth, omit chicken and consider adding 2 cans black, red kidney or pinto beans.

-adapted from Autumn Calabrese's FIXATE cookbook.

NUTRITION INFORMATION

Serving size: 1.5 cups Calories: 207 Fat: 11.6g Saturated fat: 3.1g Carbohydrates: 11.3g Sugar: 4.7g Sodium: 316.6mg Fiber: 2.9g Protein: 15.6g Cholesterol: 45mg