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Spicy Chicken & Tortilla Soup

I got this yummy recipe from my good friend Judy. Her recipes are always keepers. I am sure you will love this one as much as we do!



Ingredients:

- 1/8 C. oil
- 1 red pepper chopped
- 1 green pepper chopped
- 1 red onion chopped
- 2 cloves of garlic minced
- 2 teaspoons dried oregano or 1/8 C. fresh
- 1 t. cumin
- 3/4 t. chili powder
- 1 jalapeno pepper chopped
- 1 C. diced canned tomatoes with juice
- 4 C. cold water with 4 t. McKay's Chicken Seasoning or Chicken Stock
- 2/3 pound chicken breast
- 1 15 ounce can cooked black beans or 2 C. fresh cooked beans
- 2 C. fresh or frozen corn kernels
- sea salt to taste
- 1/2 C. fresh cilantro

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Toppings:

- Tortilla chips (blue)
- diced ripe avocado
- Monterey Jack or Cheddar Cheese
- Sour Cream

Directions:

Heat the oil in a sauce pot over med-high heat. Sauté the peppers, onion, garlic, seasonings, until onion is translucent, stirring often. Add the tomatoes and cold water and chicken breasts. Bring the soup to a boil, reduce the heat and simmer uncovered for 20 minutes. Remove the chicken breasts to cool. Cut them into bite size pieces Return the chicken to the soup, add the beans, corn, and then return the soup to a boil. Remove the soup from the heat, stir in cilantro and season with salt.

To serve, slightly crunch chips in the bottom of each bowl and ladle the soup over the chips. Put desired toppings on top.

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