

Chicken Tortilla Soup

Rachael Ray
Ziploc Brands

Servings: 4

3 cups chicken stock
1 pound chicken tenders
1 bay leaf (fresh, if available)
1 tablespoon extra-virgin olive oil, one turn of the pan
4 slices thick, smoky center-cut bacon, chopped
1 onion, finely chopped
4 cloves garlic, chopped
2 chipotles in adobo, chopped
2 tablespoons adobo sauce
1 can (28 ounce) crushed fire-roasted tomatoes
salt
4 cups corn tortilla chips, lightly crushed
2 cups fresh smoked mozzarella OR smoked sharp white cheddar, shredded
1 lime, cut into wedges
1/2 red onion, chopped
freshly chopped cilantro leaves (for garnish)

Preparation Time: 10 minutes

Cook Time: 20 minutes

Bring the broth to a simmer and add the chicken tenders. Poach 6 to 7 minutes with a bay leaf.

While the chicken poaches, heat the extra-virgin oil in a medium soup pot or deep skillet over medium-high heat. Add the bacon and cook until crisp. Remove with a slotted spoon. Drain off the excess fat leaving two to three tablespoons in the pan.

Add the onions and garlic to the skillet and cook for 5 minutes. Stir in the chipotles and tomatoes.

Remove the chicken from the stock. Dice and then add to the soup. Pass the stock through a strainer and then add to the soup.

Place a pile of crushed tortilla chips in the bottom of each soup bowl. Cover liberally with smoked cheese, then ladle the hot soup down over the top.

Serve with the lime, raw red onions and cilantro at the table to finish the soup.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 244 Calories; 8g Fat (32.8% calories from fat); 27g Protein; 11g Carbohydrate; 1g Dietary Fiber; 56mg Cholesterol; 1904mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fruit; 1 1/2 Fat.

Soups, Chili and Stews

