

RECIPE

From Freshwater, designed by Beth Dooley

Chicken Tortilla Soup

Serves 4 to 6

Ingredients

Hazelnut or sunflower oil
1 onion, chopped
3 cloves garlic, minced
1 jalapeno pepper, seeded and minced
1 teaspoon ground cumin
1 teaspoon ground chile powder
Salt and pepper
1 14.5-ounce can tomatoes
2 to 3 cups chicken stock
1 pound chicken, cut into 1 inch pieces
1 cup fresh or frozen corn kernels
4 to 6 corn tortillas

Garnish

Crumbled Frisago or Cotija cheese
1 medium avocado
Whole milk yogurt
Chopped fresh cilantro
Lime wedges

Instructions

Film a large soup pot with the oil and set over medium heat. Add the onion, garlic, jalapeno pepper, cumin, and chili powder and cook until the vegetables begin to wilt, about 2 minutes.

Stir in the tomatoes with their juice, chicken stock, chicken, and corn kernels. Increase the heat and bring to a boil, then reduce the heat and simmer for about 5 to 10 minutes.

Film a medium skillet with oil, set over medium heat, add a tortilla, and fry until browned and crisp, about 2 to 3 minutes a side. Transfer to a cutting board and slice into ½ inch strips.

Taste the soup and adjust the seasonings and drop in the tortillas. Serve with any of the garnishes passed on the side.