

Awesome Autumn Super Soup - Quick, Easy, Delish and Fun!

Time to heat up our taste buds and warm our insides with steaming hot bowls of delicious and nutritious soup! You can stock up with the ingredients at Jungle Jim's and utilize leftover chicken or turkey in the most delightful way! The ultimate fast food --- quick, satisfying, and good for you --- plus lots of fun --- grrrrrrreat football grub as well!

Chicken Tortilla Soup

- 2 Tsp. Extra Virgin Olive Oil
- 1 Cup Onion, chopped
- 2 Cloves Garlic, minced
- 2 cans 14 ½ oz. Cans of Low Fat Low Sodium Chicken Broth
- 1 can 4 oz. Can of Chopped Green Chiles
- 1 can 14 ½ oz. Can of Mexican Style Diced Tomatoes, undrained
- 1 Tab. Chili Powder
- 1 Tsp. Ground Cumin
- 2 Cups Cooked Chicken or Turkey, chopped or shredded
- 2 Tab. Fresh Cilantro or Parsley, chopped
- Salt and Pepper to taste
- Homemade Tortilla Strips, Purchased Tortilla Strips, or broken tortilla chips*

Suggested Garnishes:

- Shredded Sharp Cheddar or Mexican Cheese
- Sliced Green Onion
- Sliced or chopped Jalapeno peppers
- Chopped Cilantro
- Sliced Black Olives
- Chopped Avocado
- Black Bean Salsa

See below for ingredient variations to this recipe.

Sauté onion and garlic in olive oil over medium heat until tender, about 4-5 minutes. Add chicken broth, green chiles, tomatoes, chili powder, cumin, cooked chicken or turkey, and salt and pepper to taste. Bring just to a boil; then turn to low and simmer 10-15 minutes. Ladle soup into bowls and top with tortilla trips, shredded cheese and any of the suggested garnishes you choose to serve. My family and friends love this recipe --- quick, easy, delicious and fun!!

Tortilla Strips: You can purchase *ready to go* tortilla strips, you can crush up tortilla chips, or you can make your own tortilla strips. To make your own tortilla strips: Cut ¼-1/2" strips of either corn or flour tortillas using a pizza cutter and then brown in canola oil over medium high heat or bake in the oven until golden brown. Sprinkle with kosher salt while still hot.

Variations: To add a little more nutrition and color to this soup, before bringing to a boil, you can also add rinsed and drained black beans or corn kernels or even grated carrot.

You can add Mexican beer for part of the liquid - broth.

You can add one chopped Chipotle pepper for a little smoky heat flavor or ground red pepper or red pepper flakes for a hotter version of this soup.

It seems everyone loves the flavor of this soup and all the garnishes make it fun to serve and eat === personalize it to your tastes and enjoy!