

TORTILLA SOUP

Prep time: 15 mins
Cook time: 35 mins
Serves: 5 (2 cups each)



Tools:

- Cutting board and Chef knife
- Can openers, measuring cups and spoons, large spoon
- Colander/strainer
- Medium pot
- Stove

Ingredients:

- 1 tablespoon olive oil, canola or vegetable oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 2 cups water
- 1 14.5 oz. can chicken broth (or 1 3/4 cup)
- 1 lb. skinless raw chicken meat chopped into 1-inch cubes (or cooked and chopped, see note below)
- 1 14 oz. can black beans (about 1 1/2 cup), drained
- 1 10 oz. can or frozen corn (about 1 1/4 cup), drained
- 1 15 oz. can or fresh diced tomatoes (about 1 1/2 cup)
- 1 10 oz. can enchilada sauce (about 1 1/4 cup)
- 1 4 oz. can chopped green chili peppers (about 1/2 cup) or substitute in 2 jalapenos or other spicy pepper
- 1 teaspoon salt
- 1/4 teaspoon black pepper

Garnishes (optional):

- 1 tablespoon chopped cilantro
- A squeeze of lime
- crushed tortilla chips for topping
- cheese
- Green onions

Method:

Cooking on the stovetop:

If using a pot on a stovetop burner, heat the pot on medium-high then add the oil. Saute (which means “to jump” or stir items in a hot pan with a little oil), onions for 2 minutes then add garlic, cumin and chili powder. Once you can smell the spices toasting (less than 1 minute) add the water and stock following with



the rest of the ingredients. Bring all the ingredients to a boil and then lower heat and simmer for 30 minutes.

*If using cooked chicken add the chicken in for the last 5 minutes of cook time, just to heat through.

Cooking in a crockpot:

Add all ingredients to the crockpot (except the chicken if it is already cooked and the garnishes).

Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours.

*If using pre-cooked chicken, cook in crockpot on HIGH for 1½ - 2 hours, adding the chicken in the last 30 minutes of cooking or until chicken is hot.

To garnish add cilantro, lime, tortilla chips, cheese and/or green onions to each serving bowl!

Leftovers: What to do if you have leftovers?

This soup freezes very well or try draining off the liquid and use the solids in a rice bowl! The liquid would be delicious to sip as a broth.

THE PRICE IS RIGHT

TORTILLA SOUP COST

1 lb. skinless chicken meat	4.00
1 15oz. can diced tomatoes	.60
1 15oz can enchilada sauce	1.19
1 14oz. can low-sodium black beans	.69
1 8.5oz. canned corn	.50
1 14oz. can low-sodium chicken broth	.50
1 4oz. can chopped green chili peppers	.90
1 onion	.50
2 garlic cloves	.50
Total Cost	\$9.38

Serves 5 people

Cost per person**\$1.87**