

Chicken Tortilla Soup:

Yield: 4 – 5 servings

Preparation Time: About 40 minutes

Ingredients:

- 2 Tbsp. vegetable oil or olive oil
- 1 small onion, chopped
- 1 garlic clove, minced using a rasper

- 2 Tbsp. chili powder, or to taste
- 2 Tbsp. tomato paste
- 4 skinless chicken thighs (bone-in or boneless)
- Pinch salt
- Freshly ground pepper
- 1 bay leaf
- 4 cups (1 litre) chicken stock, or enough to cover
- 6 cilantro stems, save the leaves for the toppings

Toppings:

- 1 cup tortilla chips (see recipe)
- 1 cup corn kernels, frozen or fresh
- 1 cup black beans, drained and rinsed
- 2 Roma tomatoes, chopped
- ½ cup Feta or Monterey Jack cheese, crumbled or grated
- 1 avocado, chopped
- Cilantro leaves, torn
- 1 lime, cut into wedges

Equipment:

- Dutch oven , or large soup pot with lid
- Cutting board
- Small sharp knife
- Rasper, or microplane
- Measuring cups and spoons
- Wooden spoon
- Kitchen tongs
- Liquid measuring cup
- Can opener
- Grater
- Ladle
- Plate
- 7 small bowls

Method:

1. Cut the onion in $\frac{1}{2}$ and peel the skin. Place flat side down on the cutting board and hold on to the root end with your hand like a claw. Cut the onion into thin strips. Cut each strip into small cubes. Leave on the cutting board for a moment.
2. Peel the garlic clove and mince it with the rasper. Add to the onions.
3. Place the soup pot on the stovetop and turn on the heat to medium. Add the oil and heat for a minute.
4. Add the onion and garlic to the pot and cook until they have softened but not browned, about 3 – 5 minutes.
5. Add the chili powder and the tomato paste and stir with a wooden spoon to mix and cook for one minute.
6. Add the chicken thighs and turn them in the mixture so they're coated with it. Season with a good pinch of salt and pepper.
7. Add the bay leaf, cilantro stems and chicken stock, turn the heat down to a simmer and cover the pot. Cook the chicken until cooked through and tender, about 30 minutes. Stir the pot every few minutes but be sure to keep the pot covered. Turn the chicken over after about 15 minutes.
8. Once cooked, using tongs, remove the chicken from the soup and place on a plate to cool.
9. While the chicken is cooking, get the toppings ready for the soup.
 - Place the tortilla chips in a bowl.
 - Measure the corn kernels (thaw, if frozen, or cut off the cob, if fresh) and place in a small bowl.
 - Open a can of black beans and pour into a strainer in the sink. Drain, rinse and place in a bowl.
 - Cut the tomatoes from tip to stem. Place each tomato half flat side down and cut into cubes. Place in a small bowl.
 - Grate the Monterey Jack cheese or crumble the Feta cheese and place in a bowl.
 - Slice the avocado in $\frac{1}{2}$, around the pit. Twist the avocado to split into two. Scoop the pit out with a spoon. Cut the flesh of the avocado into cubes, not cutting through the skin. Use a soup spoon to scoop out the cubes. Place in a bowl. Squeeze a little lime juice over top of the avocado to stop it from turning brown.

- Remove the leaves from several sprigs of cilantro and place in a small bowl.
10. Once the chicken is cool, shred the chicken into bit sized pieces and put back on the plate. Throw out the bones if using bone-in chicken.
 11. Place some shredded chicken in each soup bowl. Add some corn, black beans and tomato. Ladle some hot soup over top, then top with avocado, cheese, cilantro and a squeeze of lime.
 12. Serve right away.