



Chicken-Tortilla Soup

 **Gluten Free**  **Dairy Free**

READY IN



105 min.

SERVINGS



8

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 avocado pitted peeled cut into small dice
- 15.5 oz black beans drained and rinsed canned
- 2 carrots chopped
- 1 rib celery chopped
- 8 chicken pieces bone-in (3 lb. total)
- 1 teaspoon chili powder
- 4 6-inch corn tortillas
- 2 tablespoons cornmeal

- 2 tablespoons cilantro leaves fresh chopped
- 1 small jalapeno minced stemmed seeded
- 2 lime quartered
- 6 cups chicken broth low-sodium
- 2 tablespoons olive oil
- 1 onion chopped
- 8 servings salt and pepper
- 1 teaspoon vegetable oil

Equipment

- bowl
- frying pan
- baking sheet
- oven
- pot

Directions

- Make tortilla strips: Preheat oven to 375F. Stack tortillas and cut into 1/4-inch strips. Toss in a bowl with vegetable oil, 1/2 tsp. salt and a pinch of pepper.
- Spread in a single layer on a large baking sheet.
- Bake for 10 to 12 minutes, until golden and crisp, rotating pan halfway through. (Tortillas can be prepared up to 5 days in advance. Keep tightly covered in a cool, dark place.)
- Make soup: Warm olive oil in a large pot over medium-high heat.
- Add onion, celery, carrots and jalapeo and cook, stirring often, until softened but not browned, about 5 minutes.
- Sprinkle chili powder and cornmeal over vegetables and cook for 1 minute, stirring constantly to prevent scorching.
- Pour in broth, scraping bottom of pot. Bring to a boil over high heat. Reduce heat to medium-low, add chicken; simmer, partially covered, until chicken is very tender, 30 minutes.

Transfer chicken to a work surface; let rest until cool enough to handle, about 15 minutes. Turn off heat under soup and skim off fat. Shred chicken and discard skin, bones and gristle. Return shredded chicken to pot along with beans. Cook over medium heat, stirring occasionally, until warmed through, about 5 minutes. Season with additional salt and pepper, if desired. (Can be made up to 2 days in advance to this point. Cover and chill.) Stir in cilantro just before serving.

Serve soup hot, garnished with tortilla strips, avocado and lime wedges.

Nutrition Facts

PROTEIN 24.09% **FAT 54.02%** **CARBS 21.89%**

Properties

Glycemic Index:45.1, Glycemic Load:5.19, Inflammation Score:-9, Nutrition Score:22.801304340363%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 499.81kcal (24.99%), Fat: 30.73g (47.28%), Saturated Fat: 7.09g (44.3%), Carbohydrates: 28.02g (9.34%), Net Carbohydrates: 18.46g (6.71%), Sugar: 2.46g (2.74%), Cholesterol: 86.7mg (28.9%), Sodium: 567.87mg (24.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.84g (61.68%), Vitamin B3: 12.03mg (60.13%), Vitamin A: 2916.17IU (58.32%), Fiber: 9.56g (38.24%), Phosphorus: 369.72mg (36.97%), Vitamin B6: 0.69mg (34.3%), Selenium: 18.73µg (26.76%), Potassium: 924.59mg (26.42%), Folate: 91.9µg (22.97%), Vitamin C: 17.41mg (21.1%), Vitamin B2: 0.36mg (20.96%), Copper: 0.4mg (20.07%), Vitamin B5: 2mg (19.96%), Magnesium: 76.15mg (19.04%), Vitamin K: 19.96µg (19.01%), Iron: 3.22mg (17.9%), Zinc: 2.66mg (17.71%), Manganese: 0.33mg (16.63%), Vitamin E: 2.3mg (15.31%), Vitamin B1: 0.22mg (14.9%), Vitamin B12: 0.54µg (8.92%), Calcium: 72.71mg (7.27%), Vitamin D: 0.23µg (1.54%)