



Chicken Tortilla Soup

 Gluten Free

READY IN



120 min.

SERVINGS



6

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black as needed freshly ground plus more
- 6 servings pepper black freshly ground
- 0.5 cup canned tomatoes canned crushed
- 0.3 teaspoon ground pepper
- 0.5 teaspoon chili powder
- 4 6-inch corn tortillas ()
- 4 6-inch corn tortillas cut into 1/2-inch pieces ()
- 1 medium garlic clove minced

- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 0.5 cup cup heavy whipping cream
- 1.5 teaspoons kosher salt as needed plus more
- 6 servings kosher salt
- 1 quart chicken broth low-sodium
- 6 servings monterrey jack cheese shredded
- 0.5 teaspoon oregano dried
- 0.5 teaspoon paprika
- 6 servings spring onion thinly sliced
- 8 ounces chicken shredded cooked
- 6 servings cream sour
- 1.5 cups vegetable oil
- 2 tablespoons vegetable oil
- 1 cup water

Equipment

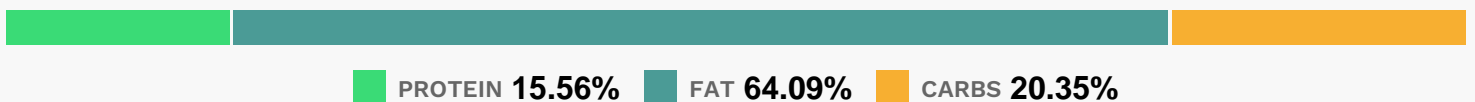
- frying pan
- baking sheet
- paper towels
- sauce pan
- slotted spoon
- dutch oven
- cutting board
- candy thermometer

Directions

- For the soup:1
- Heat the oil in a large saucepan or Dutch oven over medium heat until shimmering.

- Add the onion, carrot, celery, and bell pepper and season with salt and pepper. Cook, stirring occasionally, until the vegetables have softened, about 6 minutes.²
- Add the garlic, chili powder, coriander, cumin, oregano, paprika, and cayenne and cook, stirring occasionally, until fragrant, about 2 minutes.
- Add the broth, water, tomatoes, and measured salt and pepper, stir to combine, and bring to a boil.³Reduce the heat to low, add the tortillas, and stir to combine. Simmer, stirring occasionally, until the tortillas have disintegrated and the soup has thickened, about 1 hour. Meanwhile, make the tortilla strips.^{For the tortilla strips:}¹
- Heat the oil in a large frying pan over medium–high heat until shimmering but not smoking (about 350F on a deep–frying/candy thermometer), about 6 minutes.²Meanwhile, stack the tortillas on a cutting board.
- Cut the stack in half, then cut crosswise into 1/4–inch strips; set aside. Line a baking sheet with paper towels; set aside.³When the oil is ready, add half of the tortilla strips and fry, stirring occasionally, until golden brown and crisp, about 2 to 2 1/2 minutes.
- Remove with a slotted spoon to the prepared baking sheet and season with salt and pepper. Repeat with the remaining tortilla strips; set aside.^{To finish:}¹When the soup is ready, add the chicken and cream and stir to combine. Simmer until the flavors meld, about 15 minutes. Taste and season with salt and pepper as needed.²
- Serve the soup topped with the tortilla strips, passing any desired garnishes on the side.
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Nutrition Facts



Properties

Glycemic Index:58.17, Glycemic Load:7.31, Inflammation Score:-7, Nutrition Score:12.627825933954%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg,

Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 408.97kcal (20.45%), Fat: 29.94g (46.07%), Saturated Fat: 9.48g (59.23%), Carbohydrates: 21.39g (7.13%), Net Carbohydrates: 18.21g (6.62%), Sugar: 2.59g (2.88%), Cholesterol: 58.73mg (19.58%), Sodium: 914.78mg (39.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.36g (32.71%), Vitamin K: 44.59µg (42.46%), Vitamin B3: 6.04mg (30.21%), Phosphorus: 268.21mg (26.82%), Selenium: 13µg (18.58%), Vitamin B6: 0.31mg (15.62%), Vitamin E: 2.06mg (13.71%), Vitamin A: 668.12IU (13.36%), Fiber: 3.19g (12.74%), Vitamin B2: 0.21mg (12.38%), Manganese: 0.24mg (12.24%), Potassium: 423.71mg (12.11%), Magnesium: 47mg (11.75%), Iron: 2.05mg (11.41%), Copper: 0.22mg (11.21%), Zinc: 1.45mg (9.66%), Calcium: 95.7mg (9.57%), Vitamin B1: 0.09mg (5.78%), Vitamin B5: 0.57mg (5.73%), Vitamin B12: 0.33µg (5.54%), Vitamin C: 3.53mg (4.28%), Folate: 12.48µg (3.12%), Vitamin D: 0.32µg (2.16%)