






 **48%**
HEALTH SCORE

Chicken Tortilla Soup With "the Works"

 **Gluten Free**

READY IN

435 min.

SERVINGS

20

CALORIES

562 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- 2 bay leaves
- 14 ounces black beans drained
- 6 cups chicken broth organic low sodium, (I use one and a half boxes of Swanson great flavor)
- 2 roasted shredded whole canned chopped (skinned, boned, or , don't forget the thighs!, or 4 cans of Costco chicken br)
- 1.5 teaspoons chili powder
- 6 corn tortillas
- 6 corn tortillas
- 0.5 lb cotija cheese crumbled (can use Queso Fresco)

- 2 teaspoons cumin
- 2 tablespoons coriander leaves dried
- 28 ounces enchilada sauce green
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- 28 ounces enchilada sauce red (Use from Cheese Enchiladas in Yummy Sauce, or use Victoria)
- 28 ounces enchilada sauce red (Use from Cheese Enchiladas in Yummy Sauce, or use Victoria)
- 0.3 cup cilantro leaves fresh chopped
- 0.5 cup cilantro leaves fresh chopped
- 16 ounces corn frozen thawed drained
- 2 garlic clove minced
- 4 ounces to 2 chilies slit green chopped (not jalapeno)
- 0.3 lb mozzarella cheese grated
- 2 tablespoons olive oil
- 0.5 teaspoon pepper
- 2 teaspoons salt
- 0.3 lb sharp cheddar cheese cubed
- 0.3 lb sharp cheddar cheese grated
- 1 large onion diced sweet
- 28 ounces tomatoes diced

Equipment

- bowl
- frying pan
- paper towels
- dutch oven

Directions

- In a large skillet on medium/high, saute' onions and corn in olive oil until lightly browned. Reduce heat to medium and add garlic. Cook 2 minutes. Into a large crock-pot or Dutch oven,

place remaining soup ingredients (everything else on "soup" list, except cheeses).

Add onion/corn/garlic mixture, stir, cover and simmer on low for 6–8 hours. When ready to serve, remove bay leaves and add 1/2 cup fresh cilantro and cheeses. Simmer gently until cheeses begin to melt. Meanwhile, cut tortillas into strips and fry in corn or peanut oil until crisp.

Drain on paper towel and salt immediately.

Garnish each bowl with grated cheese, tortilla strips, and sprinkle of fresh cilantro. Que Bueno! 8-)).

Nutrition Facts



PROTEIN 44.34% **FAT 30.56%** **CARBS 25.1%**

Properties

Glycemic Index:20.4, Glycemic Load:4.58, Inflammation Score:-8, Nutrition Score:33.671738790429%

Flavonoids

Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 562.05kcal (28.1%), Fat: 18.92g (29.11%), Saturated Fat: 7.52g (46.99%), Carbohydrates: 34.97g (11.66%), Net Carbohydrates: 27.98g (10.17%), Sugar: 13.23g (14.7%), Cholesterol: 165.61mg (55.2%), Sodium: 2251.2mg (97.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.77g (123.54%), Selenium: 68.56µg (97.95%), Vitamin B6: 1.87mg (93.36%), Vitamin B1: 1.12mg (74.85%), Phosphorus: 720.66mg (72.07%), Vitamin B3: 13.92mg (69.6%), Vitamin B2: 0.67mg (39.59%), Zinc: 5.62mg (37.44%), Vitamin A: 1693.44IU (33.87%), Potassium: 1154.13mg (32.98%), Fiber: 6.99g (27.95%), Magnesium: 105.04mg (26.26%), Vitamin B12: 1.57µg (26.24%), Calcium: 210.94mg (21.09%), Vitamin B5: 2mg (19.96%), Iron: 3.5mg (19.42%), Manganese: 0.32mg (16.19%), Vitamin C: 13.13mg (15.92%), Folate: 56.6µg (14.15%), Copper: 0.27mg (13.28%), Vitamin K: 9.47µg (9.02%), Vitamin D: 1.01µg (6.76%), Vitamin E: 0.97mg (6.5%)