



Chipotle Chicken Tortilla Soup

 Gluten Free  Dairy Free  Very Healthy

READY IN



285 min.

SERVINGS



12

CALORIES



2308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounces avocado
- 0.3 teaspoon peppercorns black
- 15 ounces black beans rinsed canned
- 3 carrots coarsely chopped
- 3 rib celery stalks coarsely chopped
- 1.5 tablespoons chipotles in adobo finely chopped
- 0.5 cup cilantro leaves finely chopped
- 25 cilantro leaves

- 400 servings corn tortillas (7-to)
- 0.5 teaspoon cumin seeds
- 1 head garlic halved
- 2 garlic clove
- 2 lime cut into wedges
- 2 onion coarsely chopped
- 1 cup short grain brown rice
- 1.5 pounds sweet potatoes and into peeled cut into 1/2-inch pieces (2)
- 2 turkish bay leaf
- 6 tablespoons vegetable oil
- 3.5 quart water cold
- 1 medium onion white chopped
- 3 allspice whole
- 3.5 pounds chicken whole

Equipment

- bowl
- frying pan
- baking sheet
- oven
- pot
- sieve
- blender
- cutting board

Directions

- Bring all stock ingredients to a boil with 2 teaspoons salt and 1/2 teaspoon pepper in an 8-to 10-quart heavy pot, then skim foam.
- Reduce heat and gently simmer, uncovered, skimming foam occasionally, 2 3/4 hours.

- Transfer chicken to a cutting board, then pour stock through a fine-mesh sieve into a large bowl and discard solids. Reserve
- cup stock and return remainder to cleaned pot.
- Toast spices in a dry small skillet (not nonstick) over medium-low heat, shaking skillet occasionally, until fragrant and a shade darker, about 2 minutes.
- Transfer spices to a blender along with onion, garlic, chipotles with adobo sauce, 2 1/2 teaspoons salt, and reserved stock.
- Blend until mixture is smooth and spices are ground, about 2 minutes (use caution when blending hot liquids).
- Add pure to stock in pot along with rice and sweet potatoes and bring to a simmer over medium heat. Simmer, covered, until sweet potatoes and rice are tender, about 45 minutes.
- While soup simmers, discard skin and bones from chicken and cut or shred meat into bite-size pieces.
- Meanwhile, preheat oven to 375F with racks in upper and lower thirds. Stack tortillas and cut into 1/4-inch-thick strips, then toss with oil.
- Spread strips in 1 layer on 2 large baking sheets and season with salt.
- Bake, stirring frequently and switching position of sheets halfway through baking, until deep golden and crisp, 20 to 25 minutes.
- When rice and sweet potatoes are tender, add chicken and beans to soup and simmer, uncovered, until just heated through, about 5 minutes.
- Meanwhile, quarter avocados lengthwise and cut into 1/2-inch cubes.
- Season soup with salt and pepper, then serve with lime wedges, chopped cilantro, avocados, and tortilla strips.
- Cooks' notes: Stock can be made 3 days ahead and chilled (covered once cool).
- Remove chicken from bones and chill separately. Reheat stock before proceeding with recipe. Chipotle-spice pure can be made 1 day ahead and chilled.

Nutrition Facts

 PROTEIN 11.2%  FAT 17.55%  CARBS 71.25%

Properties

Glycemic Index:45.67, Glycemic Load:182.24, Inflammation Score:-10, Nutrition Score:62.876087142074%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg

Nutrients (% of daily need)

Calories: 2308.12kcal (115.41%), Fat: 46.65g (71.78%), Saturated Fat: 8.56g (53.48%), Carbohydrates: 426.09g (142.03%), Net Carbohydrates: 362.92g (131.97%), Sugar: 12.49g (13.88%), Cholesterol: 47.63mg (15.88%), Sodium: 633.45mg (27.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.98g (133.97%), Phosphorus: 2963.45mg (296.34%), Fiber: 63.16g (252.66%), Vitamin A: 11083.99IU (221.68%), Manganese: 3.88mg (194%), Magnesium: 707.22mg (176.81%), Vitamin B6: 2.53mg (126.52%), Vitamin B3: 19.43mg (97.16%), Selenium: 63.6µg (90.85%), Zinc: 13.28mg (88.54%), Copper: 1.72mg (85.92%), Calcium: 781.14mg (78.11%), Iron: 13.16mg (73.09%), Vitamin B1: 1.07mg (71.55%), Potassium: 2377.91mg (67.94%), Vitamin B2: 0.8mg (46.88%), Vitamin K: 38.87µg (37.02%), Folate: 117.37µg (29.34%), Vitamin B5: 2.9mg (28.96%), Vitamin E: 4.26mg (28.42%), Vitamin C: 15.05mg (18.24%), Vitamin B12: 0.2µg (3.28%)