



HEALTH SCORE

98%

Chipotle Chicken Tortilla Soup



Gluten Free



Dairy Free



Very Healthy

READY IN



4500 min.

SERVINGS



12

CALORIES



2308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- ☐ 400 servings corn tortillas (7-to)
- ☐ 0.5 teaspoon cumin seeds
- ☐ 1 head garlic halved
- ☐ 2 garlic cloves
- ☐ 2 limes cut into wedges
- ☐ 2 onions coarsely chopped
- ☐ 1 cup medium-or short-grain brown rice
- ☐ 1.5 pounds sweet potatoes 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 meat from a rotisserie chicken whole

Equipment

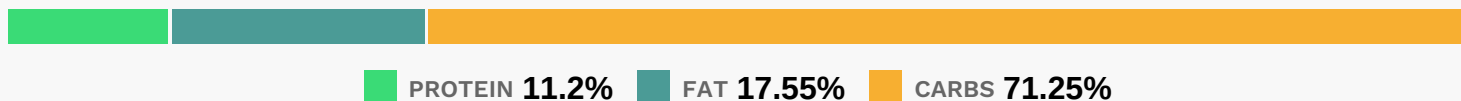
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ cutting board

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 purée 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 375°F 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.
- ☐ •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 purée can be made 1 day ahead and chilled.

Nutrition Facts



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%)