



Grilled Chicken Tortilla Soup with Tequila Crema

 Gluten Free

READY IN



545 min.

SERVINGS



6

CALORIES



721 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 cups chicken stock see (recommended: Kitchen Essentials)
- 1 pinch chili powder
- 1 tablespoon chili powder
- 1 teaspoon chili powder for dust tortilla strips
- 1 chipotle pepper in adobo sauce
- 0.5 bunch cilantro leaves roughly chopped
- 1 corn tortilla cut into strips

- 8 corn tortillas cut into strips
- 14.5 ounce canned tomatoes fire roasted crushed canned (recommended: Muir Glen)
- 4 cloves garlic
- 4 cloves garlic minced
- 1 tablespoon ground cumin
- 1 teaspoon ground cumin
- 1 haas avocados diced pitted halved
- 1 jalapeño minced
- 2 juice of lime juiced
- 6 servings lime wedges for garnish
- 1 lime zest juiced
- 2 tablespoons olive oil
- 1 teaspoon mexican oregano
- 1 teaspoon freshly cracked pepper black
- 1 teaspoon salt
- 1 teaspoon salt plus more for seasoning
- 6 servings salt and pepper black freshly ground
- 4 chicken thighs bone-in skinless
- 0.8 cup cup heavy whipping cream sour
- 2 ounces silver tequila
- 2 tablespoons tequila
- 2 tablespoons vegetable oil
- 2.5 cups vegetable oil for frying
- 1 onion diced yellow

Equipment

- food processor
- bowl
- frying pan

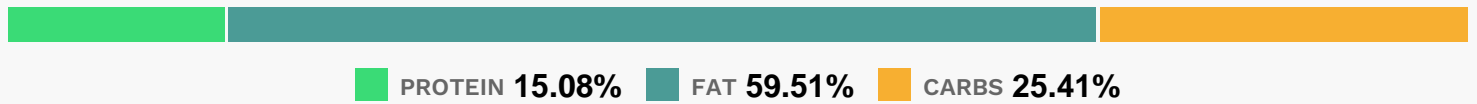
- paper towels
- pot
- blender
- plastic wrap
- grill
- ziploc bags
- grill pan

Directions

- Watch how to make this recipe.
- Put the vegetable oil, tequila, lime juice, chipotle pepper, cumin, chili powder, garlic, oregano, salt, and pepper in a small food processor or blender and blend until smooth.
- Put the marinade in a plastic bag along with the chicken. Seal the bag and refrigerate for 6 to 8 hours.
- Preheat a grill or grill pan to medium-high heat.
- Add the jalapeno and grill until the skin is well charred.
- Remove the jalapeno to a small bowl and cover with plastic wrap to sweat the skin. When cool enough to handle, remove the stem, skin, and seeds, then finely mince.
- Heat a large, heavy bottom pot over medium-high heat and add 2 tablespoons of vegetable oil. Once hot, add the onion and saute until starting to caramelize, about 5 to 7 minutes.
- Add the garlic, minced jalapeno, chili powder, cumin, salt and pepper, to taste. Cook about 3 or 4 minutes, being careful not to burn the mixture. Deglaze the pan with some of the chicken stock, scraping up any brown bits from the bottom of the pan.
- Add the remaining chicken stock, the crushed tomatoes and the lime juice.
- Add the tortilla strips and bring the mixture to a boil, then lower the heat and simmer, uncovered, for 30 minutes. Taste and adjust seasoning.
- While soup base is simmering, heat a grill or grill pan to medium-high heat.
- Remove the chicken from the marinade and put on grill. Grill, turning until cooked through, about 14 to 18 minutes.
- Remove from the grill, to a large plate and when cool enough to handle, remove the skin and bones and shred. Keep warm.

- Heat the vegetable oil in a tall sided skillet to 350 degrees F.
- Add the tortilla strips and fry until they are golden brown.
- Remove to a paper towel lined plate and season with 1 teaspoon of salt and a pinch of chili powder.
- Combine the sour cream, 2 tablespoons tequila, and the remaining lime zest in a small bowl and season with salt and 1 teaspoon black pepper.
- To serve, put some of the shredded chicken in the bottom of each bowl and pour in the hot soup base. Top with diced avocado, fried tortilla strips, the tequila crema, and cilantro.
- Garnish with lime wedges and serve.

Nutrition Facts



Properties

Glycemic Index:78.33, Glycemic Load:8.96, Inflammation Score:-9, Nutrition Score:25.06130442412%

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 Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 6.13mg, Hesperetin: 6.13mg, Hesperetin: 6.13mg, Hesperetin: 6.13mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

Nutrients (% of daily need)

Calories: 721.14kcal (36.06%), Fat: 46.43g (71.42%), Saturated Fat: 9.72g (60.76%), Carbohydrates: 44.59g (14.86%), Net Carbohydrates: 37.04g (13.47%), Sugar: 9.82g (10.91%), Cholesterol: 91.16mg (30.39%), Sodium: 1070.2mg (46.53%), Alcohol: 4.83g (100%), Alcohol %: 0.84% (100%), Protein: 26.47g (52.94%), Vitamin K: 66.79µg (63.61%), Vitamin B3: 10.45mg (52.26%), Vitamin B6: 0.82mg (41%), Phosphorus: 404.92mg (40.49%), Selenium: 27.14µg (38.77%), Vitamin B2: 0.55mg (32.36%), Vitamin E: 4.59mg (30.6%), Fiber: 7.55g (30.2%), Potassium: 920.62mg (26.3%), Manganese: 0.47mg (23.55%), Iron: 4.16mg (23.12%), Vitamin C: 17.71mg (21.47%), Magnesium: 84.76mg (21.19%), Vitamin A: 1050.07IU (21%), Copper: 0.41mg (20.68%), Vitamin B1: 0.28mg (18.48%), Zinc: 2.57mg (17.15%), Calcium: 156.04mg (15.6%), Vitamin B5: 1.55mg (15.45%), Folate: 59.47µg (14.87%), Vitamin B12: 0.5µg (8.26%)