



Rio Grande Tortilla Soup

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



786 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado diced peeled seeded
- 4 beef-flavored bouillon cubes
- 1 cup meat from a rotisserie chicken diced cooked
- 1 teaspoon chili powder
- 10 corn tortillas divided
- 2 chicken-flavored bouillon cubes
- 3 servings cilantro leaves fresh chopped
- 2 cloves garlic finely chopped

- 1 teaspoon ground cumin
- 1 jalapeno seeded finely chopped
- 8 ounces monterrey jack cheese shredded
- 1 medium onion thinly sliced quartered
- 1 teaspoon salt
- 0.5 cup tomato sauce
- 2 tomatoes peeled chopped
- 0.5 cup vegetable oil divided
- 1.5 quarts water
- 1 teaspoon worcestershire sauce

Equipment

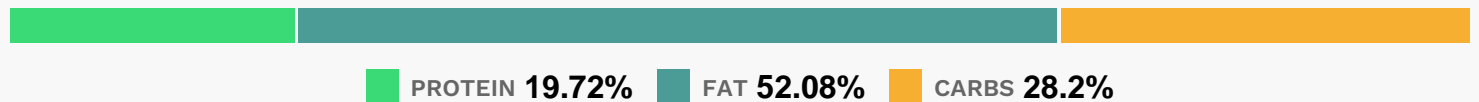
- bowl
- frying pan
- paper towels
- ladle
- sieve
- wooden spoon
- dutch oven

Directions

- Combine water, bouillon cubes, and 3 tortillas in a small Dutch oven; bring to a boil. Reduce heat; simmer, uncovered, 1 hour, stirring occasionally to break up tortillas.
- Strain broth through a fine-meshed sieve, pressing tortillas through sieve using back of a wooden spoon.
- Add water to tortilla- broth mixture to equal 6 cups; set aside.
- Add onion, garlic, jalapeo pepper, and 2 tablespoons oil to Dutch oven; saut 3 minutes. Stir in reserved tortilla-broth mixture, tomato sauce, salt, cumin, chili powder, and Worcestershire sauce; bring to a boil. Reduce heat; cover and simmer 1 hour.
- Add chicken and tomatoes to broth; simmer 10 minutes.

- Cut remaining tortillas into 2- x 1/2-inch strips. Fry strips in remaining oil in a heavy skillet until crisp; drain well on paper towels.
- Place several crisp tortilla strips in the bottom of each individual bowl; top with 2 tablespoons grated cheese and 1 tablespoon avocado. Ladle soup into each bowl; sprinkle with additional tortilla pieces and cheese.
- Garnish with cilantro leaves.
- Serve with lime wedges and hot sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:108.83, Glycemic Load:19.94, Inflammation Score:-9, Nutrition Score:33.028260666391%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg

Nutrients (% of daily need)

Calories: 785.98kcal (39.3%), Fat: 46.76g (71.94%), Saturated Fat: 18.5g (115.61%), Carbohydrates: 56.98g (18.99%), Net Carbohydrates: 44.34g (16.12%), Sugar: 8.46g (9.4%), Cholesterol: 102.84mg (34.28%), Sodium: 3485.46mg (151.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.84g (79.67%), Phosphorus: 800.84mg (80.08%), Calcium: 707.81mg (70.78%), Fiber: 12.65g (50.59%), Selenium: 31.13µg (44.47%), Vitamin B6: 0.84mg (41.87%), Vitamin B3: 7.59mg (37.93%), Vitamin K: 39.06µg (37.2%), Vitamin A: 1825.7IU (36.51%), Vitamin C: 30.04mg (36.41%), Magnesium: 144.68mg (36.17%), Vitamin B2: 0.6mg (35.28%), Manganese: 0.68mg (33.85%), Zinc: 4.99mg (33.27%), Potassium: 1114.33mg (31.84%), Vitamin E: 3.92mg (26.13%), Copper: 0.52mg (26.12%), Folate: 101.84µg (25.46%), Iron: 4.1mg (22.78%), Vitamin B5: 1.95mg (19.47%), Vitamin B1: 0.25mg (16.68%), Vitamin B12: 0.82µg (13.74%), Vitamin D: 0.45µg (3.02%)