



Tortilla Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 carrots peeled chopped
- 4 pound chicken
- 7 cilantro leaves
- 5 corn tortillas cut in 1/2"-thick strips
- 2 chipotle chile dried
- 2 ears corn husked
- 8 servings cherry tomatoes fresh halved chopped
- 5 garlic clove smashed

- 1 jalapeño (with seeds), halved lengthwise
- 8 servings pepper black freshly ground
- 3 tablespoons juice of lime fresh ()
- 1 onion quartered
- 8 servings vegetable oil for frying

Equipment

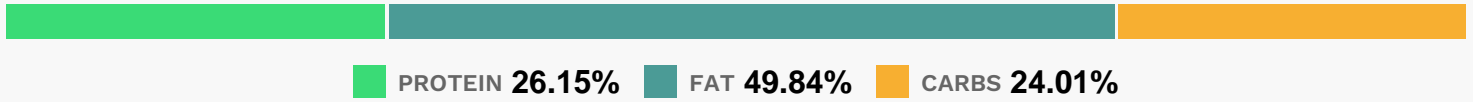
- bowl
- frying pan
- pot
- kitchen thermometer
- slotted spoon

Directions

- Bring chicken, onion, carrot, garlic, chipotles, jalapeño, and 16 cups water to a boil in a large pot; skim foam from surface. Reduce heat to medium and simmer, skimming the surface frequently, until chicken is cooked through, about 1 hour.
- Transfer chicken to a plate. Strain broth into another large pot. Return chiles to broth, if a spicier broth is desired; discard remaining solids. Shred chicken meat; discard skin and bones.
- Transfer chicken meat to a medium bowl and set aside.
- Meanwhile, set pot with strained broth over medium heat and add cilantro sprigs. Bring broth to a simmer; cook until reduced to 8 cups, about 1 hour. Discard sprigs and chiles, if using. Stir in 3 tablespoons lime juice. Season with salt, pepper, and more lime juice, if desired.
- Add chicken to broth. **DO AHEAD:** Can be made 2 days ahead. Chill until cold, then cover and keep chilled.
- Attach deep-fry thermometer to the side of a large cast-iron skillet or other heavy skillet.
- Pour oil into skillet to a depth of 1".
- Heat over medium heat until thermometer registers 350°F–360°F. Working in batches, fry tortilla strips, turning occasionally, until crisp and golden brown, 2–3 minutes per batch. Using a slotted spoon, transfer to paper towels to drain. Season with salt.
- Cook corn over a gas flame or under a broiler, turning occasionally, until charred in spots.

- Let stand until cool enough to handle.
- Cut kernels from cobs in strips. Discard cobs. (Alternatively, cook kernels in a large skillet over high heat until charred in spots.)
- Rewarm broth with chicken. Divide soup among bowls. Top generously with corn, tortilla strips, cilantro, tomatoes, avocado, and crumbled queso fresco.

Nutrition Facts



Properties

Glycemic Index: 31.29, Glycemic Load: 3.88, Inflammation Score: -9, Nutrition Score: 18.407826164494%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg

Nutrients (% of daily need)

Calories: 359.97kcal (18%), Fat: 20.26g (31.17%), Saturated Fat: 5.33g (33.29%), Carbohydrates: 21.97g (7.32%), Net Carbohydrates: 18.32g (6.66%), Sugar: 7.11g (7.9%), Cholesterol: 81.65mg (27.22%), Sodium: 111.8mg (4.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.92g (47.84%), Vitamin C: 43.3mg (52.49%), Vitamin A: 2333.12IU (46.66%), Vitamin B3: 8.99mg (44.94%), Vitamin B6: 0.62mg (30.85%), Phosphorus: 284.28mg (28.43%), Selenium: 17.92µg (25.6%), Potassium: 692.73mg (19.79%), Manganese: 0.35mg (17.43%), Vitamin K: 18.03µg (17.17%), Magnesium: 59.21mg (14.8%), Fiber: 3.64g (14.57%), Vitamin B5: 1.43mg (14.33%), Iron: 2.44mg (13.54%), Zinc: 2.03mg (13.53%), Vitamin B1: 0.19mg (12.48%), Vitamin B2: 0.2mg (11.85%), Copper: 0.22mg (11.12%), Vitamin E: 1.62mg (10.8%), Folate: 42.29µg (10.57%), Vitamin B12: 0.34µg (5.62%), Calcium: 53.55mg (5.36%), Vitamin D: 0.22µg (1.45%)