

Tortilla Soup

This flavorful, heart-healthy Tortilla Soup is perfect for a light, romantic dinner for two.

Ingredients for Tortilla Soup:

16 - 18 ounces chicken broth (vegetable for vegetarian)
1 cup cooked, shredded chicken (omit for vegetarian)
1/2 cup tomato sauce
1/2 cup refried pinto beans
1/2 cup chopped carrots (1 medium)
1/2 cup chopped red bell pepper
1/3 cup chopped white onion
1/2 jalapeño pepper seeded, chopped (optional)
1/3 cup chopped cilantro
1 green onion (aka spring onion) diced and divided
1/4 - 1/2 tsp. garlic powder
1/4 - 1/2 tsp. cumin
fresh lime juice (about 3/4 of one whole lime)
sea salt
fresh black pepper

Toppings for Tortilla Soup:

tortilla chips
diced tomato
avocado
sour cream

Directions:

1. **Chop:** Carrots, red bell pepper and jalapeño into fat matchsticks. Dice onion and green onion. Separate the dark green top of the green onion from the pale green/white bottom. Roughly chop cilantro.
2. **Shred:** Cooked chicken into bite-sized chunks.
3. **Get cooking:** Heat 1 tsp. olive oil in pot. Add carrots, bell pepper, onion, jalapeño and green onion tops. Sweat the vegetables over medium heat and add a pinch of sea salt and a few cracks of fresh pepper. About 5 minutes. Add about 4 ounces of broth and bring back up to temperature. Stir in garlic powder and cumin. Allow to simmer 5 - 10 minutes.
4. **Stir** in tomato sauce. **Stir** in beans and bring back to temperature.



5. Add remainder of broth, bring back to temperature and simmer for another 5 - 10 minutes.
6. **When ready to serve:** Add fresh lime. Stir in chopped cilantro. Stir in light green/white of green onion. Stir in shredded, cooked chicken and bring to a gentle boil.
7. **Garnish:** With tortilla chips*, sour cream, diced tomato and avocado.

Makes two 10-12 ounce entrée servings.

*You might like to try [Betty's Baked Tortilla Strips](#) for a lighter alternative to tortilla chips.