

# CHICKEN TORTILLA SOUP

*(two days to cook)*

The weather has been stubbornly cold for spring, so I'm still in a soup trend for now. This recipe is based on the one given to me by my mentor, Jessica Morrell. The flavor really comes from the whole chicken and its broth with takes a full day to prepare. I usually start the whole chicken in a stockpot bring it to a boil, then simmer for a couple of hours. Then I transfer it to a crockpot and leave it on low over night. After filtering the meat and bones, this broth is amazing. It's the flavor base for the whole soup.

## **Day One**

1. One whole fryer chicken, raw
2. 8 cups water
3. ½ Tsp. Salt

Boil it down. The meat will fall right off the bones so you can strain the broth, and add the meat back in.

## **Day Two**

1. Broth and chicken from day one
2. 1 chopped onion
3. 2 cans black beans
4. 2 cans red kidney beans
5. 1 (8oz) can chopped chilies or jalapenos (depends on your taste, I use jalapenos)
6. 2 cans diced tomatoes
7. Add in 2 Tbsp fresh lime juice.
8. ½ Tbsp Cumin
9. ½ Tbsp chili flakes
10. 1 tsp salt

Cook on low in the crock pot for four hours.

## **Serve with fixings**

**Tortilla soup is just a base for all the fixings:**

- Lime slices
- Cheese
- Sour cream
- Cilantro
- Salsa
- Pico
- Tortilla chips

I know it sounds involved, but it's worth it. I make a giant pot, then freeze half, and snack on the rest through the week. It's not a heavy soup, so it's a great bridge between winter stews and lighter spring/summer broths.