

Tortilla Soup with Chicken and Avocado

Category: Soup

Servings: 2

Rating: 10

Source: Fine Cooking

Description:

This soup is sublime.

Instead of baking them, you can also cut the tortillas into 1/4"-wide strips and fry them in about 1" of oil at 375 degrees in a straight-sided saucepan. (Do this in two batches.) With tongs or a long

Ingredients:

vegetable oil	1 Tbsp
onion	1/4 cup, finely chopped
chili powder	1 Tbsp or more to taste
tomato paste	1 Tbsp
chicken thighs	2 skinless (bone-in or boneless)
chicken broth	4 cups, low sodium or homemade
cilantro	6 2" stems
tortillas	Crispy strips (see end of instructions)
tomato	3/4 cup diced, fresh
corn kernels	1/2 cup (fresh, canned or frozen)
black beans	1/2 cup, canned, rinsed, drained
avocado	1 ripe, tossed with a little lime juice
feta cheese	1/4 cup, crumbled
sour cream	2 dollops
cilantro	1/4 cup, coarsely chopped
salt	to taste
lime wedges	for serving

Instructions:

Heat oil in a large saucepan over a medium Heat. Add the onion and cook until softened but not browned, about 3 minutes. Add the chili powder and tomato paste and stir with a wooden spoon to mix and cook briefly; take care not to let the chili powder scorch.

Season the thighs lightly with salt and nestle them in the tomato-chili paste, turning them once so they're entirely coated. Add about 1/2 cup of the broth and adjust the heat to a simmer. Cover and cook the chicken, turning once, until it's extremely tender when pierced with the tip of a knife, 30 to 40 minutes. Add a little more broth if the pan starts to dry out. When the chicken is done, remove it from the pan, let it cool a bit, and then cut or shred it into bite-size pieces, discarding any bone or bits of gristle. Set the shredded meat aside.

If there is any visible grease in the pan, spoon it off. Add the remaining broth, the cilantro stems and stir. Simmer, uncovered, until the broth is reduced by about one third, 20 to 30 minutes.

Meanwhile prepare the tortilla strips: Preheat oven to 350. Cut 3 or 4 6" corn tortillas into strips. Place the strips on a baking sheet and bake for 10 to 15 minutes or until crisp. Or you can use store-bought broken tortilla chips.

Divide the chicken, corn, black beans and tortilla strips between two large soup bowls. Reheat the broth, if necessary, to piping hot and pour into the bowls. Serve immediately. Garnish with avocado, cheese, sour cream, cilantro and a big squeeze of lime juice at the table. The lime juice is essential!