



## CHICKEN TORTILLA SOUP

### INGREDIENTS:

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|--|--|
| 2T olive oil                             | 2 t granulated garlic  |
| 1 small onion                            | 2-14 oz cans black beans (drained and rinsed)                  |
| 1-7 oz can diced green chiles            | 2-14 oz cans diced tomatoes                                    |
| 4 cups cooked chicken, diced or shredded | 2-14 oz cans tomato sauce                                      |
| 1 T chili powder                         | 4 cups frozen corn   |
| 2 t cumin                                | 2 qt chicken stock (or 2 qt water and chicken base equivalent) |
| 1 t oregano                              |  |
| ¼ t cayenne pepper                       |  |

In a large pot, heat oil and sauté onion until soft.

Add all other ingredients (except toppings) and bring to a boil.

Turn down to a simmer and simmer for at least an hour (a couple hours would be even better).

Serve with whatever toppings you'd like.

\*This can also be made in a CROCK POT.

You can use a couple uncooked chicken breasts and throw them in with everything. Cook for 4 hours on high or 6 on low. Pull chicken breasts out and shred. Return chicken to soup and serve.

### TOPPINGS:

TORTILLA STRIPS | CHIPS | AVOCADO | CHOPPED CILANTRO. | SHREDDED CHEESE  
SOUR CREAM

Recipe courtesy of,  
Center Café Chef, Teresa McKenna

