

CHICKEN-POBLANO TORTILLA SOUP

INGREDIENTS

2 tablespoons olive oil

1 1/2 cups chopped yellow onion

1 cup chopped carrot

1 poblano pepper, finely chopped

4 cups unsalted chicken stock (such as Swanson)

3/4 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

1 (14.5-oz.) can unsalted diced tomatoes, undrained

4 ounces tortilla chips, divided

1/2 cup chopped fresh cilantro

6 ounces shredded skinless, boneless rotisserie chicken breast

6 ounces shredded skinless, boneless rotisserie chicken thigh

1 avocado, diced

6 lime wedges



Optional:

Cilantro sprigs

DIRECTIONS

- Heat a Dutch oven over medium-high heat. Add oil to pan; swirl to coat. Add onion, carrot, and poblano; sauté 8 minutes. Add stock, salt, black pepper, and tomatoes; bring to a boil over high heat. Finely crush half of tortilla chips; add to stock mixture. Cover, reduce heat, and simmer until carrot is tender, about 8 minutes. Stir in cilantro and chicken.
- Ladle about 1 1/3 cups soup into each of 6 bowls. Divide avocado among bowls. Coarsely crush remaining tortilla chips and divide among bowls; serve with lime wedges and cilantro sprigs, if desired.

Nutrition: Calories 2,493, Fat 142g, Protein 159g, Carbohydrate 173g, Sodium 4,241 mg.