
Mexican Corn Soup with Chicken, Bacon & Tortilla Strips

Phillis Carey class, 1/2016



Servings: 6

1. In a blender add half of the defrosted corn, all the tomatoes, oregano and a couple of cups of chicken broth. Puree until smooth. Set aside.
2. In a 4-5 quart pot, cook the bacon until crisp (about 10 minutes), stirring often. Remove with slotted spoon to paper towels to drain. To the pan add the onion and cook, stirring frequently, until onion is soft and tender. Add chile pepper and garlic and stir for about a minute.
3. Add the tomato-corn puree to the pot with the remaining chicken broth. Bring to a simmer and add remaining whole corn. Simmer over medium-low heat until thickened, about 20 minutes. Stir in the canned beans and chicken and continue simmering for 3-5 minutes to warm the beans and the chicken. Season with salt and pepper to taste, then stir in the creme fraiche and half the cilantro.
4. Serve soup garnished with bacon, remaining cilantro, cheese and tortilla strips.

- 3 cups frozen corn, thawed, divided use
- 2 medium tomatoes, seeded, roughly chopped (or 1/2 can of diced tomatoes)
- 5 cups low-sodium chicken broth
- 1 teaspoon dried oregano
- 4 slices thick-sliced bacon, diced
- 1 cup onion, chopped
- 1 medium jalapeno chile pepper, seeds removed, diced small
- 2 cloves garlic, minced
- 15 ounces canned black beans, drained, rinsed
- 3 cups shredded chicken
- Salt and freshly ground black pepper to taste
- 1/2 cup creme fraiche, or Crema Agria (Mexican style cream) or heavy cream
- 3 tablespoons cilantro, chopped
- 1/2 cup Cotija cheese, crumbled (you can substitute cheddar)
- 4 whole corn tortillas, cut into thin strips and fried briefly in oil until crispy

Per Serving (excluding unknown items): 444 Calories; 17g Fat (31.3% calories from fat); 42g Protein; 42g Carbohydrate; 8g Dietary Fiber; 85mg Cholesterol; 488mg Sodium. Exchanges: 2 1/2 Grain(Starch); 5 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 2 Fat.

Carolyn T's Blog: tastingspoons.com