

Dry Chicken Tortilla Soup

Adapted from a Phillis Carey recipe



Dry Chicken Tortilla Soup

- 3 cups low sodium chicken broth
- 4 tablespoons vegetable oil
- 6 whole corn tortillas, cut in strips
- 4 ounces dried ancho chilies, rinsed and seeded
- 1 ounce dried New Mexico chiles, rinsed and seeded
- 30 ounces canned tomatoes, crushed, with juices
- 1 small onion, cut in chunks
- 6 large garlic cloves, peeled
- 3 cups low sodium chicken broth
- 1 tablespoon dried oregano
- 2 1/2 cups chicken breast, cooked, shredded or cubed (and warmed just before serving)
- 2 cups Monterey jack cheese, grated, or Cotija cheese, crumbled
- 4 pieces bacon, cooked and crumbled
- 3/4 cup sour cream
- 1 1/2 cups avocado, diced
- 3/4 cup cilantro, chopped

Per Serving (excluding unknown items): 661 Calories; 48g Fat (64.1% calories from fat); 37g Protein; 23g Carbohydrate; 6g Dietary Fiber; 120mg Cholesterol; 787mg Sodium; 6g Total Sugars; 1mcg Vitamin D; 542mg Calcium; 3mg Iron; 849mg Potassium; 565mg Phosphorus. Exchanges: 0 Grain(Starch).

Carolyn T's Blog: tastingspoons.com

Servings: 8

Preparation Time: 30 minutes

Start to Finish Time: 1 hour

NOTE: If you puree this soup mixture in a blender it will make it very smooth - I prefer a more chunky style, hence the food processor is better for this. If sodium is a concern, use low-sodium tomatoes. If you are sensitive to heat from chiles, use fewer of them and make sure to remove every single seed from inside each one. The New Mexican are the hotter ones. Ancho chiles are dried poblano peppers.

1. In a wide pan heat oil and sauté the tortilla strips until golden brown. Remove to paper towel to drain. Keep the oil in the pan.
2. Open the dried chiles and discard all the seeds. Cut the chiles into small chunks. Pour into a food processor and finely chop. You may need to scrape down the bowl one or more times. Add canned tomatoes, onions and garlic to the processor and coarsely chop. Add some of the broth if it's too thick.
2. Then pour the mixture in the food processor into the pan, with the remaining broth and simmer over medium heat, adding oregano. Cook for about 10 minutes, stirring frequently. Can be made several hours ahead. Heat to a simmer when ready to serve. You may add more broth if you prefer a more brothy soup.
3. SERVING: Prepare all the additions (warmed chicken, cheese, bacon, avocado, sour cream and cilantro) and set out in a row. Serve the dry soup bowl to each person, ask them to add the condiments they want. Then take the bowl to the soup pot and using a measuring cup, pour about a cup of soup at the side so some of the chunky stuff floats.