

Chicken, Low Carb, Vegetarian, zucchini

Green Mean Tortilla Soup - with or without chicken

Rachael Ray show, Dec. 2021



Servings: 4

1. Heat oil in Dutch oven over medium-high to high heat, add zucchini, poblanos, onion and salt. Partially cover, turn heat to medium and soften 7 to 8 minutes.
2. Remove half of the vegetables from the pan and set aside. Grate garlic into the pan, add the spices and black pepper. Add the stock, chiles and tomatillos and let come to a boil. Cover and simmer for 15 minutes until the vegetables are very tender.
3. Puree in a high-powered blender or with an immersion blender, then add back the reserved vegetables and simmer together 5 minutes. Add chicken at this point if you're using it.
4. Serve soup in wide bowls and top with your pick of garnishes - the more the merrier.

6 corn tortillas, halved and cut into $\frac{1}{2}$ -inch strips, baked to a golden brown in a 400°F oven for 7-8 minutes

1/4 cup EVOO

3 medium zucchini, seeds removed, diced

3 poblano chiles, chopped

1 onion, chopped

Salt and pepper

4 cloves garlic

1 tablespoon ground cumin

2 teaspoons dried oregano

6 cups vegetable stock, or chicken stock

1 cup Hatch chiles, use mild, or if you're

sensitive to heat, use Ortega regular mild chiles

12 ounces tomatillos, papery skin removed, washed and quartered, or use canned

2 cups shredded chicken (optional)

Garnishes: thin sliced radishes, crumbled queso

fresco, scallions sliced on bias, diced avocado with

lime, toasted pumpkin seeds, cilantro, crema or

sour cream, pickled jalapenos

Per Serving (excluding unknown items): 318 Calories; 17g

Fat (44.0% calories from fat); 8g Protein; 40g

Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 1020mg

Sodium; 14g Total Sugars; 0mcg Vitamin D; 116mg

Calcium; 4mg Iron; 1071mg Potassium; 266mg

Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com