

Easy Chicken Tortilla Soup

Makes eight 8oz. servings



SAN ANTONIO
REGIONAL HOSPITAL

4 cups water
4 Tbsp chicken bullion
1 medium onion, diced
2 cloves garlic, chopped
1 Tbsp. olive oil
2 boneless, skinless chicken breasts, diced
1 15 oz. can diced tomatoes
1 15 oz. can tomato puree
½ medium sized red bell pepper
1 tsp. cayenne pepper
½ bunch fresh cilantro, chopped

Toppings:

Corn tortilla strips
Shredded Monterey jack cheese
Sour cream
Fresh cilantro
Avocado

Step 1:

In a large soup pot, sauté onion and garlic in oil until onion is translucent.

Step 2:

Add water, chicken base, chicken, tomato puree, diced tomatoes, red peppers, cayenne pepper, and chopped cilantro. Simmer for 30 minutes or until chicken is cooked.

Step 3:

Top with tortilla strips, sour cream, cheese, avocado, and cilantro to taste.

Courtesy: San Antonio Regional Hospital Dietary Staff