



## **Chicken Tortilla Soup**

Yield: about 6 servings.

- 4 chicken thighs, boned, skinned & cubed
- 1 Tbsp olive oil
- 2 medium onions, chopped
- 2 cloves garlic, chopped
- 4 medium tomatoes, peeled, seeded and chopped
- 4-1/2 c. chicken broth
- 1 tsp. chili powder
- 1 tsp. oregano
- 1/2 can black beans, drained & rinsed
- 1/4 tsp. black pepper
- 1/2 mild green chili ,like jalapeno, seeded and chopped
- 1 cup tortilla chips, crumbled slightly
- 2 oz. Monterey jack cheese, shredded
- 3 Tbsp. avocado, diced

### **Preparation:**

1. Saute onions, garlic and chili pepper in oil until soft but not browned. Add seasoning and sauté one minute to bring out flavor.
2. Add broth, tomatoes, beans, chicken, salt and pepper. Bring to a boil, reduce heat, cover and simmer on low for 30 minutes.
3. Ladle soup into bowls and top with tortilla chips, cheese and cilantro.
4. Garnish with diced avocado if desired