

## Tortilla Chicken Soup

### Ingredients

1 Tbsp canola oil	1 can diced fire-roasted tomatoes, drained
1¼ lb chicken thigh or breast, cut into chunks	1 can corn, drained
2 garlic cloves, minced	1 can black beans, drained & rinsed
1½ Tbsp chili powder	4 corn tortillas
1 Tbsp ground cumin	½ tsp sugar
¼ tsp chipotle chile pepper or ⅛ tsp cayenne	1 tsp kosher salt
1 tsp Mexican oregano	juice of 1 juicy lime
5 c lower-sodium chicken broth	chopped fresh cilantro

### Directions

Heat oil in a large pot over medium-high heat; add chicken and cook 5 minutes. Add garlic to the pot and cook 1 minute then stir in spices for another minute; add broth, tomatoes, corn, and beans. Cut tortillas into small pieces and add to pot. Cover and cook on medium for 20 minutes. Stir in sugar, salt, and lime juice. Top each serving with fresh cilantro. You could also top with avocado slices, scallions, sliced radish, shredded cheese or tortilla chips. Serves 4-6

*cooking with care*

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