

# Chicken Tortilla Soup with Homemade Chicken Stock

What's better than a bowl filled with nutrients and flavor?

This soup is a meal itself and – when topped with fresh avocado, sour cream and cheese – will be gone quickly!

The homemade chicken stock is an ingredient you can use in many other recipes.

## Ingredients

One whole roasting chicken (5-7 pounds)

Onion

Celery

Carrot

Green pepper

Red pepper

Onion

One 14 oz. can diced tomato

One small can diced green chiles

One package chicken taco seasoning

One 15 oz. can black beans

Two small flour tortillas

Lime

Grapeseed or olive oil, kosher salt

**Toppings:** Avocado, sour cream, cheese, cilantro, red onion, lime, tortilla strips

**Make chicken stock:** Remove gizzard package from chicken and place into a large stockpot. Fill with water until chicken is covered at least two inches. Set to boil over medium heat.



Roughly chop one small yellow onion, two stalks of celery and one peeled large carrot.

When water is boiling, reduce heat to medium low and skim residue from water.

Add mirepoix and continue to simmer- just until slightly bubbling – for about 45 minutes.



With tongs, carefully remove whole chicken and place into a large bowl. While chicken cools, increase heat of stock to medium high and continue to boil down another 15-20 minutes to concentrate flavor.

Set a fine mesh strainer over a large bowl and carefully pour stock through the strainer.

**Start soup base:** Dice one each green pepper, red pepper and small onion. In another large pot, heat 2T oil over medium heat. Add peppers and onion and sauté until softened, about 4-5 minutes. Sprinkle with kosher salt and one package of chicken taco seasoning.

Pour in cans of diced tomatoes, black beans and green chiles (with juices). Stir and simmer for another 2-3 minutes.



**Shred chicken:** When chicken is cool enough to handle, remove skin. Carefully tear away meat from the chicken, taking extra care to avoid small bones. Shred and place into a separate bowl. Discard carcass.



**Finish soup:** Add chicken meat to the vegetables. Pour in 5-6 cups of homemade chicken stock and bring to a low simmer (not a boil so chicken doesn't toughen). Store remaining chicken stock in refrigerator for up to three days or in freezer bags for up to 6 months.

Slice tortillas into thin 2" strips. Add to soup and continue to simmer as soup thickens and flavors meld, up to 30 minutes. Taste for salt and squeeze in juice of ½ lime.



**Prepare dish for serving:** Allow soup to cool slightly. Ladle into soup bowls and garnish with sour cream, avocado and cheese (or any other desired toppings.) To make crispy tortilla strips, slice extras and fry in ¼ oil until crispy. Sprinkle with salt.

