

Tortilla Soup



I call this “Mexican Holiday Soup” because I discovered it during a winter vacation in Mexico. The chicken is optional, but I find that adding it makes this soup like a one dish meal. Not only does our Roasted Red Pepper sauce make the flavour and texture of this soup superb, but using it makes this soup quick and easy to prepare.

Serves 4-6

ingredients

6	Flour Tortillas (approximately 6” diameter)
6 tsp	Roasted Garlic Olive Oil
500 ml (1 jar)	Roasted Red Pepper Sauce
500 ml	Chicken broth (preferably low sodium)
1 cup	Chicken - cooked, cut in ½” pieces (this could be left over or freshly sautéed)
1/2 cup	Cilantro - washed, dried, chopped (reserve some whole leaves for garnish)
To taste	Salt - preferably Fleur de Sel
To taste	Black pepper - freshly ground

GARNISH

1 cup	Cheddar cheese - sharp or old, grated
1 whole	Avocado - ripe, pitted and peeled, cut in pieces or mashed
1/2 cup	Sour cream
1 whole	Lime - fresh, cut in 6-8 wedges

instructions

1. Preheat oven to 300°F. Cut or tear the tortillas into quarters. Brush the tortillas on both sides. Place them on a baking sheet and bake for 5 – 10 minutes, turning once. They should be golden brown. (Alternatively, each tortilla can be fried in 1 tsp of Roasted

Garlic Olive Oil for ½ minute on each side, or until they become crispy.)

2. Place the Roasted Red Pepper sauce, chicken stock, cooked chicken pieces and chopped cilantro in a large sauce pan. Heat on high and bring the mixture to a quick boil. Reduce the heat to simmer.

3. Place the baked tortillas in individual serving bowls, reserving some for garnish. Top with cheddar cheese. Pour the hot soup over the mixture. Garnish each bowl with a tortilla, avocado, sour cream, cilantro leaves, lime and additional tortillas. Serve immediately.