

untagged, needs pic, incomplete



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Tortilla Soup

Date added: 2023/03/19

Ingredients

For Roasting Chicken

- 2 Chicken Breast (~500g)
- 1+½ tsp Cumin
- 2 tsp Chili Powder
- ½ tsp Garlic Powder
- ½ tsp Onion Powder
- ½ tsp Salt
- 1 tbsp Neutral Oil
- Fresh Ground Black Pepper

For Soup

- 2 tbsp Olive Oil
- 1 Very Large Onion Diced (~400g)
- 1 Pablano Pepper Diced
- 1 Red Bell Pepper Diced
- 1 Green Bell Pepper Diced
- 1 Jalapeno Diced
- 170g Tomato Paste (6oz)
- 8 cups Chicken Broth
- Corn or Flour tortillas for serving

Method

1. Begin roasting chicken:
 1. Preheat oven 375°f
 2. In a shallow baking dish, toss breasts in oil, then sprinkle spice mixture to evenly coat both sides
 3. Bake for ~30 minutes, flipping half way through, until 158°f internal which will carry over to 165°f
 4. Begin soup prep while baking, when chicken is finished, leave on a cutting board to rest until needed
2. In soup pot, saute onions in oil over medium heat until soft
3. Add all diced peppers, saute ~5 minutes

4. Add tomato paste and chicken broth
5. Simmer until peppers are tender, while you finish roasting, resting, and shredding the chicken
6. Add shredded chicken, as well as any remaining spices and drippings from the roasting pan (We deglaze the hot roasting pan with $\sim\frac{1}{4}$ cup water and add that to the soup)
7. Simmer for ~ 5 minutes and serve with warmed torillas

Notes

Let's try cutting the breasts into rough pieces before roasting to save time and potentially get more flavor in the meat. G says recipe might need more tomato paste.

Inspired by: <https://www.thepioneerwoman.com/food-cooking/recipes/a11528/chicken-tortilla-soup/>

From:

<https://wiki.cookie mountain.org/> - **Recipe Book**

Permanent link:

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