



**LOW CALORIE**

## Tortilla Chicken Soup

with Fresh Corn & Green Chiles



30-40min



2 Servings

This tortilla chicken soup is everything you want in a meal: it's deeply flavored and substantial, but won't weigh you down. The fresh cilantro, sweet corn, and lime juice brighten up the savory broth, and balance out a slight kick from the green chiles and chorizo spice blend. Crisp tortilla strips make it even more festive.

## What we send

- red onion
- boneless, skinless chicken breasts
- lime
- canned green chiles
- turkey broth concentrate
- chorizo chili spice
- corn
- fresh cilantro

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- box grater
- medium skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

## Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 620.0kcal, Fat 35.5g, Proteins 30.0g, Carbs 47.0g



### 1. Prep ingredients

Halve, peel, and thinly slice **1¼ cups onion**. Pick **cilantro leaves** from **stems**; finely slice stems, keeping leaves whole. Squeeze **1 tablespoon lime juice** into a small bowl. Cut any remaining lime into wedges. Finely chop **1 tortilla** (save remaining for step 5). Finely chop **cheese**.



### 4. Simmer soup

To same pot, add **3½ cups water**, **turkey broth concentrate**, **chopped tortillas**, and **1 teaspoon salt**. Cover and bring to a boil, then reduce heat to medium and simmer, covered, about 10 minutes. While soup simmers, using your hands, pull the cooled **chicken** into shreds, or cut into bite-size pieces.



### 2. Cook chicken

Pat **chicken** dry, then season all over with **½ teaspoon salt** and **a few grinds pepper**. Heat **1 tablespoon oil** in a medium pot over medium-high. Add chicken and cook until golden-brown and just cooked through, about 2 minutes per side. Transfer to a plate to cool slightly.



### 5. Fry tortilla strips

Cut **remaining tortillas** into ¼-inch strips. Line a plate with paper towel. Heat **¼-inch oil** in a medium skillet over medium-high until shimmering. Add tortilla strips and cook, stirring, until golden-brown and crisp, 3-5 minutes. Using a slotted spoon, transfer to the paper towel-lined plate and sprinkle tortillas with **salt**.



### 3. Start soup

Add **onions** and **1 tablespoon oil** to same pot. Cook over medium-high, stirring frequently, until onions are lightly browned and softened, 3-4 minutes. Add **green chiles and their liquid**, **cilantro stems**, and **1-2 teaspoons of the chorizo chili spice** (depending on heat preference), and cook, stirring, about 1 minute.



### 6. Finish & serve

Add **corn** to **soup** and simmer, about 1 minute. Off the heat, add **lime juice**, **shredded chicken**, and **any juices** from cutting board. Season to taste with **salt** and **pepper**. Garnish soup with **crispy tortilla strips**, **cheese**, and **cilantro leaves** on top. Squeeze **any remaining lime** over top, if desired. Enjoy!