

Chicken Tortilla Soup



PREP TIME:
15 MINUTES

COOK TIME:
35 MINUTES

TOTAL TIME:
50 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 5-6 Servings

Ingredients:

- 2 TBSP Olive Oil
- 1 Small Onion – Chopped
- 2 Cups Organic Celery – Chopped (about 4-5 med. Stalks)
- 5 Garlic Cloves – Minced
- 2 Cans Organic Diced Tomatoes – **(BPA Free Lining)**
- 32 oz. (4 cups) Organic Low Sodium Chicken Broth
- 3-4 Cups Shredded Organic Rotisserie Chicken (can also use baked chicken breast)
- 2 Cups Thinly Chopped Organic Carrots
- 1 TSP Dried Oregano
- 1 ½ TSP Chili Powder
- 1 TSP Onion Powder
- 1 TSP Cumin
- ¼ TSP Cayenne Pepper (amount at your preference – I added more since like spicy)
- 1 ½ TSP Himalayan Sea Salt
- Cracked Black Pepper to Taste
- **Optional Toppings:** Dollop of coconut yogurt / diced avocado / fresh cilantro or basil / tortilla chips

Instructions:

1. In large soup pot, heat oil over medium-high. Add onion and celery – cook for about 5 minutes.
2. Add garlic (watch closely so doesn't burn) cooking for about 1-2 minutes. Add tomatoes to pot and cook until all veggies are soft – about 5 minutes.
3. Add tomato/celery/garlic/onion mixture and ½ cup water to blender (I use the Ninja). Blend until smooth.
4. Add contents back to original pot. Add broth, chicken, carrots and all seasonings.
5. Let heat on low boil & reduce to medium-low and cook another 20-25 minutes until carrots soften.

***Try and use all organic ingredients if possible.**