

Chicken Tortilla Soup:

Ingredients:

- ✚ 3 ½ cups shredded free -range rotisserie chicken
- ✚ 1/2 bag (12oz) chicken broth (please see side note)
- ✚ 1 TB coconut oil or pure olive oil (used for sautéing)
- ✚ 2 cups (4 cans) canned corn
- ✚ 1-15oz can black beans
- ✚ 1-15oz can diced fire-roasted tomatoes (drain half the natural juices and keep the other half)
- ✚ ½ cup green Chile (or more if you like it spicy)
- ✚ ½ cup diced yellow onion
- ✚ 1 clove garlic
- ✚ 1 tsp garlic powder
- ✚ 1 tsp onion powder
- ✚ 1 tsp salt
- ✚ 1 tsp oregano
- ✚ 1 tsp cumin
- ✚ ½ tsp black pepper
- ✚ ¼ tsp paprika
- ✚ 1 bay leaf
- ✚ 2 cups filtered water
- ✚ Tortilla chips or tortillas
- ✚ Lime wedges for garnish
- ✚ Cilantro for garnish

Directions:

- ✚ Shred chicken and set aside in a bowl.
- ✚ Open cans of corn, black beans, fire roasted tomatoes.
- ✚ Dice onion and mince garlic, set aside.
- ✚ In a large soup pot, heat coconut oil on medium-low heat.
- ✚ Once pan heats up, add onion and sauté until translucent. Add garlic and sauté.
- ✚ Add corn, black beans, and fire-roasted tomatoes with juice, Chile, and spices. Sauté 2-3 minutes.
- ✚ Add chicken and broth. Add bay leaf and boil for 30-40 minutes. Taste and adjust seasonings to your liking.
- ✚ Serve with tortilla chips or tortilla, lime wedges, and a sprig of cilantro.

Side Notes:

- ✚ *Free-range chicken is humanitarially better. These chickens are allowed to roam free on the range and eat earth's natural resources. Organic does not ALWAYS mean that it is humanitarian; it just means they are given organic feed.*
- ✚ *Coconut oil is a great alternative for cooking. It helps to lower cholesterol and can help in weight loss.*
- ✚ *Whole Foods sells a wonderful chicken broth in the freezer section, called **Bonafide Provisions**. It is organic, paleo friendly, gluten free, BPA free, and no MSG. If preferred, there are also some nice canned broths as well.*
- ✚ *Spices are wonderful for the body! They help with several things. From inflammation, immunity, brain function, and nausea are just a few examples.*
- ✚ *This hearty soup is good for the soul and tummy. You will be sure to impress your guests with this one!*

