

Avocado Lime Tortilla Soup

Servings 8-10, 150 calories in 1 ½ c serving

Prep Time 10 min Cook 25 min

Ingredients

- 1 lb Chicken breast, diced
- 2Tbsp olive oil
- 1 Green Pepper diced
- 1 Onion, diced
- 1 tsp Cumin
- 1 tsp Chili Powder
- ½ tsp garlic powder
- ½ tsp onion powder
- Salt and Pepper, to taste
- 1 10 oz Can of diced tomatoes with green chilies
- 2 cloves Garlic, minced
- Jalapeño, diced
- 1 6 oz can Tomato paste
- 1 32 oz container of Chicken Broth
- 1 c cooked Rice
- 1 bag of frozen corn
- 1 Avocado, diced
- 1 Lime
- 1 Tbsp Cilantro
- Cotija Cheese/feta

1. Season diced chicken with cumin, chili powder, garlic powder, and onion powder
 - *(If you don't have cooked rice already, start making that especially if you are using brown rice because it takes a while)*
2. Heat oil in stockpot at medium-high heat; add seasoned diced chicken and sauté until all sides start to get white on all sides (for about 4 minutes). Stirring occasionally so meat gets cooked on all sides.
3. Stir in diced green peppers, onions, jalapeño, can of diced tomatoes with chili with its juices, garlic, and tomato paste. Sauté for about 3 minutes
4. Turn heat on low. Stir in chicken broth and frozen corn. Stir making sure the tomato paste is evenly mixed in to broth. Cover stirring occasionally.
5. Once your rice is cooked, stir into soup. If your rice was premade or ready, add it with corn and broth. Stir until rice is well distributed.
6. Add diced avocado, cilantro, and juice from one lime.
7. Cover stirring occasionally for about 15 minutes.
8. Serve and garnish with cotija cheese and baked tortilla.