Chicken Tortilla Soup

by Laura Peters

- 4 corn tortillas
- 1+1 tablespoons olive oil
- ½ medium onion, finely chopped
- 2 garlic cloves, minced
- ¼ teaspoon salt
- ½ teaspoon dried oregano
- ¼ teaspoon red chili powder
- 3 medium tomatoes, cored and loosely chopped
- 4 cups chicken broth, low sodium
- 1 lime juiced
- ¼ fresh parsley, chopped
- 3 cups shredded chicken
- 1 avocado, pit removed and sliced
- 4 oz. Monterrey jack cheese, shredded

Directions:

1. Place fresh tortillas on a baking sheet and put them in the oven at 200 degrees for 15 minutes to dry them out. Cut into ½ inch strips.
2. In a medium stock pot, heat 1 tablespoon olive oil over medium heat and sauté onion and garlic until soft, about 4 minutes.
3. Stir in salt, chili powder, oregano, and tomatoes. Break tomatoes and simmer for 5 minutes.
4. Add broth, lime juice, fresh parsley, and chicken. Simmer for 10 minutes.
5. Drop half of the tortillas in the soup to thicken. Stir well.

For tortilla crisps:

1. In medium pan, heat 1 tablespoon olive oil over medium heat.
2. Fry remaining tortilla strips in oil until light brown and crispy. Remove from pan: drain on paper towel.