Chicken Tortilla Soup

Description

"Lemon juice brightens the flavors in this chicken, corn, and salsa soup seasoned with cumin and chili powder. Garnish with tortilla chips, grated cheese and a dollop of sour cream."

Summary

Yield: 4
Source: www.allrecipes.com
Prep Time: 15 minutes
Category: Soups

Ingredients

- 2 skinless, boneless chicken breasts
- 1/2 tsp olive oil
- 1/2 tsp minced garlic
- 1/4 tsp ground cumin
- 2 (14.5 ounce) cans chicken broth
- 1 cup frozen corn kernels
- 1 cup chopped onion
- 1/2 tsp chili powder
- 1 tbsp lemon juice
- 1 cup chunky salsa
- 8 ozs corn tortilla chips
- 1/2 cup Monterey Jack cheese (optional)

Instructions

1. In a large pot over medium heat, sauté the chicken in the oil for 5 minutes. Add the garlic and cumin and mix well. Then add the broth, corn, onion, chili powder, lemon juice and salsa. Reduce heat to low and simmer for about 20 to 30 minutes.

2. Break up some tortilla chips into individual bowls and pour soup over chips. Optional: top with the Monterey Jack cheese and a little sour cream.