

MEXICAN TORTILLA SOUP WITH ROASTED CHICKEN

SERVES 4

2 TABLESPOONS OLIVE OIL

1/2 YELLOW ONION, THINLY SLICED

4 CLOVES GARLIC, FINELY CHOPPED

1/4 TEASPOON GROUND CUMIN

SALT AND FRESHLY GROUND BLACK PEPPER

4 CUPS REDUCED-SODIUM CHICKEN BROTH

1/2 SMALL ROASTED CHICKEN, SKIN AND BONES DISCARDED, MEAT SHREDDED

ONE 14 1/2-OUNCE CAN NO-SALT ADDED DICED TOMATOES

2 TABLESPOONS FRESH LIME JUICE

1/4 CUP CHOPPED FRESH CILANTRO

6 SMALL (6-INCH) CORN TORTILLAS, CUT IN HALF, THEN INTO 1/4 IN. STRIPS

1/2 RIPE AVOCADO, CUBED

1/4 CUP SHREDDED LOW-FAT MONTEREY JACK CHEESE

IN A LARGE STOCKPOT OVER A MEDIUM-LOW FLAME, HEAT 1 TABLESPOON OF THE OIL. ADD THE ONION AND SAUTÉ UNTIL SOFT, ABOUT 10 MINUTES. ADD THE GARLIC, CUMIN, AND SALT AND PEPPER AND SAUTÉ THE MIXTURE ANOTHER MINUTE.

ADD THE CHICKEN BROTH, RAISE THE FLAME TO HIGH, AND BRING TO A SIMMER. ADD THE CHICKEN, TOMATOES, LIME JUICE, AND CILANTRO. SEASON WITH SALT AND FRESHLY GROUND BLACK PEPPER. REMOVE THE STOCKPOT FROM THE HEAT AND COVER.

MEANWHILE, IN A SMALL SKILLET OVER A MEDIUM FLAME, HEAT THE REMAINING TABLESPOON OF OIL. ADD THE TORTILLA STRIPS AND ALLOW THEM TO BROWN, STIRRING OCCASIONALLY, ABOUT 5 MINUTES. SPRINKLE THEM WITH SALT.

TO SERVE, LADLE THE SOUP INTO BOWL, TOP WITH THE CUBED AVOCADO, SHREDDED CHEESE, AND A HANDFUL OF TORTILLA STRIPS.