

# Super Easy-Tortilla Soup

*Faith's Y Soup Crew, Courtesy of Deb Hornell*

Makes 4-5 qts. This recipe can be doubled.

Prep: about 20 minutes Cook: Simmer for 30 min, or put in crock pot on low for 4-5 hours

## **Ingredients:** \* see note for gluten-free, vegetarian version below

- One onion, chopped
- Bag of mini-carrots, chopped
- Deli Chicken, shredded or cut in small pieces (or equivalent of 2-ish pounds of cooked chicken)
- 2 Qts Reduced salt Chicken stock (or chicken bone broth).
- 1 14 oz. can Diced and Fire-Roasted Organic Tomatoes (I use Trader Joe's)

## **Directions:**

1. Saute veggies, put them in pot with chicken stock and simmer until smooth.
2. Add shredded chicken and tomatoes and simmer for awhile. The longer you simmer, the more the flavors will meld.
3. Alternate method: mix all ingredients in a crockpot and cook on low for several hours.
4. Serve with toppings of your choice (this is what makes it really delicious):
  - Chopped avocado or guacamole
  - Shredded cheese
  - Cilantro
  - Crunched-up tortilla chips
  - Sour cream
  - Chopped onion

**Note:** for gluten-free, vegetarian tortilla soup, substitute white beans for chicken and vegetable broth for chicken broth. You may need to substitute gluten-free tomatoes and add cumin, chili powder or peppers for the "kick".

**Note:** (The ratio of stock to tomatoes is about 2-1, but you can add more stock or tomatoes, according to your taste. If you don't have fire-roasted tomatoes, you can use a can of plain tomatoes with some cumin or chili powder.

**Note:** if you simmer the deli chicken in the stock first, the broth will be even more delicious, and the chicken will fall off the bones. Then proceed with the recipe above.