

Chicken tortilla soup

1 1/2 tsp ground cumin 375 deg
About 1 1/4 tsp chili powder
1/2 tsp garlic powder
1/2 tsp salt, plus more to taste
2 boneless, skinless chicken breasts
2 T olive oil
1 cup diced onion
1/4 cup diced green bell pepper
1/4 cup diced red bell pepper
3 cloves garlic, minced
One 10-ounce can diced tomatoes and green chiles, such as Rotel
4 cups low-sodium chicken broth
4 cups hot water
3 T tomato paste
Two 15-ounce cans black beans, drained
3 T cornmeal
5 small corn tortillas
Garnishes:
Diced avocado
Diced red onion
Sour cream
Chopped fresh cilantro
Other suggested toppings: Grated Monterey Jack cheese, pico de gallo

Mix together the cumin, 1 tsp of the chili powder, the garlic powder and salt. Drizzle the chicken breasts with 1T of the olive oil. Then sprinkle with 1 tsp of the spice mixture. Set the rest of the spice mixture aside. Bake until the chicken is cooked all the way through, 15 to 20 minutes. Cut the chicken into cubes and set aside.

Heat the remaining 1 T olive oil in a large pot over medium-high heat. Add onions, green and red bell peppers and garlic. Add 1 T of the spice mixture used to season the chicken. Add about 1/4 tsp chili powder for heat. Stir to cook the vegetables until they begin to turn golden brown, about 5 minutes. Add the cubed chicken and diced tomatoes, juice and all. Add the chicken broth, hot water and tomato paste. Stir to combine and bring the mixture to a boil. Reduce the heat to low. Add the drained black beans. Next, mix together the cornmeal with 1/2 cup water. Add the mixture to the pot, and then simmer the soup for 10 to 15 minutes. Give it a taste and add salt or seasonings as needed; be sure to not under salt it!

Cut the tortillas into uniform 2- to 3-inch strips. Stir most of them into the soup just before serving. This is what makes tortilla soup tortilla soup! Turn

off the heat and get ready to serve it up. Ladle the soup into a bowl, then add avocado, red onion, sour cream, cilantro and extra tortilla strips to the top. The more toppings on tortilla soup, the merrier.

