



GEORGE
CHIALA'S
RECIPE
OF
THE MONTH
COLLECTION

FEB 2015
Recipe 68

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Southwestern Chicken Tortilla Soup

PREPARATION

- 1 - Heat a grill pan to high and a soup pot to medium high. Drizzle oil on corn and place on grill. Add red pepper to grill with corn. Char 10 minutes, total, turning occasionally. Remove to cool, 5 minutes. Remove charred skin from the pepper.
- 2 - Add 2 tablespoons oil to hot soup pot and add in the chicken. Season with poultry seasoning, cumin, salt and pepper. Lightly brown chicken on each side. Add zucchini, onions and garlic and chipotle peppers. Cook vegetables with chicken 5 to 7 minutes to soften. Add tomatoes, tomato sauce and stock. Bring soup to a bubble and then reduce heat to medium low.
- 3 - Scrape corn off of cob and add to soup. Chop grilled red pepper and stir into soup. Add chips to soup in handfuls and fold in. Serve soup immediately with scatter of shredded cheese. Garnish with avocado and cilantro.



INGREDIENTS

- Vegetable or corn oil
- 3 ears corn on the cob
- 1 red bell pepper, split and seeded
- 1 pound chicken breast tenders, diced
- 1 teaspoon poultry seasoning
- 1 teaspoon cumin
- Salt and pepper (to taste)
- 1 small to medium zucchini, small dice
- 1 medium yellow onion, chopped
- 3 cloves garlic, chopped
- 1 to 2 chipotle in adobo peppers (medium to hot heat level), chopped
- 1 can stewed tomatoes, 28 ounces
- 1 can tomato sauce, 8 ounces
- 3 cups chicken stock
- 4 cups blue corn tortilla chips, broken up into large pieces
- 1 cup shredded cheddar or pepper Jack cheese
- 1 avocado, cubed
- cilantro for garnish

COOK'S NOTE:
Loaded with tender chicken, diced tomatoes and a myriad of southwestern seasonings, this savory soup makes a wonderfully warming and healthy meal on cool February evenings.
Bon Appetit!
-George