

Creamy Chicken Tortilla Soup

Yield: 8 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/habanero-peppers-chinese-recipe>

Ingredients:

- 2 tablespoons olive oil
- 1 cup chopped onion
- 3 cloves garlic 2-, minced
- 1 jalapeño seeded and chopped
- 2 teaspoons chipotle in adobo chopped, from a can
- 6 cups low-sodium chicken broth or vegetable
- 2 cans diced tomatoes with green chilies 10 oz
- 1 teaspoon chili powder
- 1 teaspoon cumin
- salt
- pepper to taste
- 2 cups chicken cooked shredded
- 15 ounces black beans 1 can, drained and rinsed
- 1 cup frozen corn
- 2 cups heavy cream
- 1/2 cup cornmeal
- 1/4 cup sour cream
- 1/3 cup fresh cilantro chopped
- avocado Chopped
- shredded cheese
- sour cream
- tortilla chips
- green onion Sliced
- diced tomato
- lime wedges
- chopped cilantro

Nutrition:

1. Calories: 560 calories

2. Carbohydrate: 33 grams
 3. Cholesterol: 145 milligrams
 4. Fat: 40 grams
 5. Fiber: 8 grams
 6. Protein: 23 grams
 7. SaturatedFat: 20 grams
 8. Sodium: 730 milligrams
 9. Sugar: 4 grams
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