

Meghan's Chicken Tortilla Soup

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-chipotle-soup-tim-hortons-recipe>

Ingredients:

- 1 yellow onion chopped
- 2 bell pepper sweet, preferably red, orange, or yellow, chopped
- 3 garlic cloves minced
- 1 tablespoon olive oil
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1/2 teaspoon chipotle ground
- 2 teaspoons kosher salt powder, to taste
- 1/4 teaspoon black pepper
- 28 ounces diced tomatoes
- 3 tablespoons tomato paste
- 32 ounces lower sodium chicken broth
- 14 ounces corn drained
- 14 ounces black beans rinsed and drained, optional
- 2 boneless chicken breast halves, cooked and shredded into bite-size pieces, roasted deli chicken works great!
- 2 teaspoons lime juice freshly squeezed
- avocado fresh, cut into 1? chunks
- fresh mozzarella cut into 1? chunks
- freshly chopped cilantro
- green onions chopped
- tortilla chips or crisps, shown in photos, found near the croutons and salad toppings in the fresh produce area
- fresh lime fresh

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 66 grams
3. Cholesterol: 75 milligrams
4. Fat: 14 grams
5. Fiber: 17 grams
6. Protein: 43 grams
7. SaturatedFat: 2 grams
8. Sodium: 1940 milligrams
9. Sugar: 14 grams

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