

Tomatillo Soup

Yield: 6 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-mexican-beef-stew-tomatillos>

Ingredients:

- 2 skinless boneless chicken breast halves pounded thin
- 3 tablespoons olive oil
- 1 onion chopped
- 3 cloves garlic minced
- 1 pound tomatillos chopped
- 2 jalapeno peppers seeded and minced
- 4 cups chicken stock
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon hot pepper sauce
- 2 tablespoons chopped fresh cilantro
- 1/4 cup sour cream optional
- salt to taste
- ground black pepper to taste

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 10 milligrams
4. Fat: 11 grams
5. Fiber: 2 grams
6. Protein: 6 grams
7. SaturatedFat: 2 grams
8. Sodium: 380 milligrams
9. Sugar: 8 grams

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